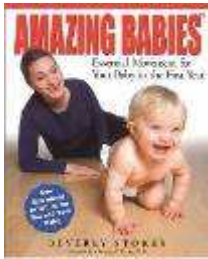


“A 21st Century Manifesto for Parenting”
John Breeding, PhD.

“The Advanced Montessori Method-2”
Maria Montessori

This book is Montessori's own exposition of the theory behind her innovative educational techniques. She shows parents, teachers and administrators how to "free a child to learn through his own efforts".



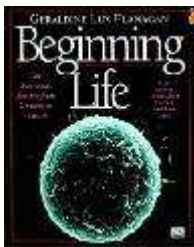
“Amazing Babies: Essential Movement for Your Baby in the First Year”
Beverly Strokes

Every parent wants their baby to be body-confident in physical activities, self-confident in social interactions, and motivated to self-mastery in learning! In this book, parents will learn how body-confident babies become dynamic explorers, delightful communicators, and successful problem solvers when they can initiate age-appropriate play and interactions in a receptive environment. This innovative book teaches parents how to create an engaging relationship with their baby through FloorPlay activities at each stage of development during their baby's formative first year. When parents promote their baby's freedom of movement and encourage their baby to be an active participant in social interactions and a self-motivated learner in play, they are creating a supportive environment. By better understanding their baby's motor development and by learning to read their baby's preverbal communication cues (body language) in everyday social interactions, parents will deepen their bonding relationship and realize what a wondrous and incredible first year it is for their baby!



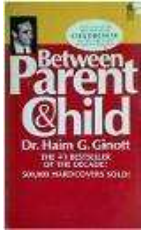
“At Home with Montessori”
Patricia Oriti

This full-color, 27-page booklet encourages rethinking the home from the perspective of how adults and children, especially preschool children, can live together harmoniously while maintaining different goals for development. Full of practical ideas, it nevertheless emphasizes each family's uniqueness and individual style.



“Beginning Life”
Geraldine Lux Flanagan

A photographic tour of the entire process of life from conception to childbirth provides a clear understanding of every stage of a baby's development and reveals an unborn child's prenatal responses to stimuli.



“Between Parent and Child”
Haim G. Ginott

Over the past thirty-five years, **Between Parent and Child** has helped millions of parents around the world strengthen their relationships with their children. Written by renowned psychologist Dr. Haim Ginott, this revolutionary book offered a straightforward prescription for empathetic yet disciplined child rearing and introduced new communication techniques that would change the way parents spoke with, and listened to, their children. Dr. Ginott's innovative approach to parenting has influenced an entire generation of experts in the field, and now his methods can work for you, too.



“Between Parent and Teenager”
Haim G. Ginott

“Bobby and the Brockles”
Adele Farber/Elaine Mazlish

Geared for the whole family, a children's story by the authors of *How to Talk So Kids Will Listen and Listen So Kids Will Talk* demonstrates, in a humorous way, the power of communication and compromise in families.

“Bobby and the Brockles go to School”
Adele Farber/Elaine Mazlish

Two tiny men from space who argue with each other non-stop but manage to offer good advice visit Bobby a second time to help him adjust to his new school. By the authors of *Siblings without Rivalry*.

“A Book About Anna”
Aline D. Wolf

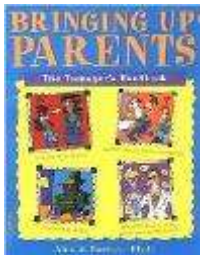
Anna is a little girl who lives on a farm and knows how to do many things for herself. A section for parents introduces the teachings of educator Maria Montessori.



“The Book of Learning and Forgetting”
Frank Smith

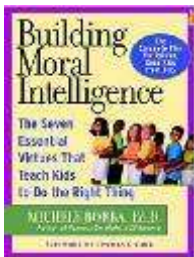
In this thought-provoking book, Frank Smith explains how schools and educational authorities systematically obstruct the powerful inherent learning abilities of children,

creating handicaps that often persist through life. The author eloquently contrasts a false and fabricated "official theory" that learning is work (used to justify the external control of teachers and students through excessive regulation and massive testing) with a correct but officially suppressed "classic view" that learning is a social process that can occur naturally and continually through collaborative activities. This book will be crucial reading in a time when national authorities continue to blame teachers and students for alleged failures in education. It will help educators and parents to combat sterile attitudes toward teaching and learning and prevent current practices from doing further harm.



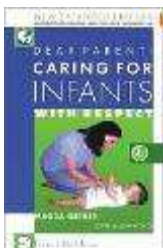
**"Bringing Up Parents: The Teenager's Handbook"
Alex Packer**

This book not only respects teens, it understands teens. It respects and understands parents. The humor, wordplays, and general tone of the book demonstrate Alex J. Packer's great skill and knowledge of his subject. The introduction addresses teens directly: "This book lays out a smorgasbord of strategies. What happens after that is up to you. It's up to your motivation, creativity, flexibility, and commitment. If changes occur, if miracles are wrought, it will be because of you." Packer presents the challenge with a kid glove, a wink, and absolute understanding. Filled with great information presented in the perfect way to reach teens, this book should be on everyone's required reading list. A 2000 Parents' Choice® Gold Award.

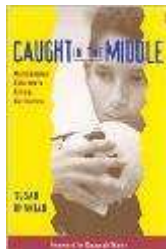


**"Building Moral Intelligence"
Michele Borba**

Television, games, the Internet, peers and other forces shape children's morality, but consultant and educator Borba (Parents Do Make a Difference) argues that it is parents who provide the most enduring modeling and instruction. Kids, she asserts, should be fortified against the onslaught of increasingly negative cultural influences violent video games, nasty music lyrics by parental involvement and guidance. Designed as a guide for parents and caregivers of children from three to 15 years old, the book describes an epidemic deficiency in the moral development of American kids and outlines seven virtues (Empathy, Conscience, Self-Control, Respect, Kindness, Tolerance and Fairness) to be engendered in children. Devoting an identically designed chapter to each virtue, she defines the virtue in accessible and secular language. She then provides a test for parents to assess their children and offers practical actions parents can take on a daily basis. Throughout, her tone is pragmatic and optimistic. She advises parents to make sure they are providing a moral example that they would want their children to follow in other words, watch their own behavior. She advises parents to be direct about their own moral beliefs and encourage specific virtuous behaviors. Borba concludes the book with a helpful resource list. A packed storehouse, this helpful, informative and hopeful book will be dog-eared over years of consultation.



**"Caring for Infants with Respect"
Magda Gerber**

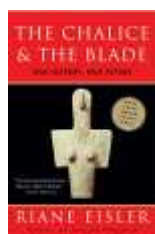


**“Caught in the Middle: Nonstandard Kids and a Killing Curriculum”
Susan Ohanian**

As one of the country's most outspoken critics of standards and testing, and a former inner-city teacher, Susan Ohanian is no stranger to the "f" word: failure. She often referred to it in her best-seller, *One Size Fits Few*, to point out "the folly of educational standards." And now, in her follow-up book, *Caught in the Middle*, it's the fulcrum upon which she dares to reveal what schools are really like when nonstandard kids and a standardized curriculum collide in the classroom.

Offering both a warning and a clarion to teachers everywhere - Susan tells an insider's story of living day in and day out with students who are not likely to succeed in a world with only one definition of success. In the first of a series of heart-wrenching and heroic portraits, you'll meet twelve-year-old Sylvia ("Nobody messes with Sylvia"), who is failing all her courses but, somehow, teams up with the author in a bizarre mutual-aid arrangement. Next, one by one, you'll get to know Anita (sweet, compliant, and then pregnant) . . . Jimmy (who discovers fairy tales ten years after all his peers did) . . . Tiffany (unkempt, unwashed, whiny, and then suddenly transformed into the proud owner of words when introduced to a thesaurus) . . . Jean (teller of tall tales, including a whopper Susan fell for) . . . Clarice (the most polite kid in school, but with a locker bursting with stolen goods) . . . and Arnold ("certifiably crazy," but who is always promoted because nobody wanted him to stay another year).

**“Ceremonies and Celebrations: Births”
Jacqueline Dineen**

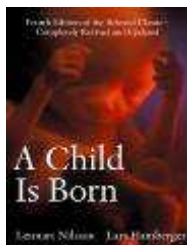


**“The Chalice and the Blade”
Riane Eisler**

Women played leading roles in the first Christian communities; Jesus' teachings had a feminist bent; ancient Hebrews worshipped the prehistoric goddess-mother well into monarchic times; and Nazis, with their system of male dominance, were a direct throwback to the Indo-European or Aryan invaders whom they crudely imitated. These controversial ideas and findings suggest the thrust of Eisler's highly readable synthesis. She convincingly documents the global shift from egalitarian to patriarchal societies, interweaving new archeological evidence and feminist scholarship. In her scenario, as women once venerated were degraded to pawns controlled by men, social cooperation gave way to reliance on violence, hierarchy and authoritarianism. The book, despite its jargon, is an important contribution to social history. Eisler wrote *The Equal Rights Handbook*.

**“The Challenge of Shalom: The Jewish Tradition of Peace and Justice”
Murray Polner**

These essays shed light on the little known but powerful tradition of Jewish nonviolence--upholding reverence for life, passion for justice, and empathy for suffering. Written by many contributors, this inspiring text includes sections on tradition, the Holocaust, Israel, and many other topics.



“A Child is Born”
Lennart Nilsson

In this latest edition of a classic originally published almost 40 years ago, photographer Nilsson and obstetrician Hamberger explore the miracle of birth, from attraction between a man and a woman to fertilization, pregnancy, labor and delivery; they also discuss infertility and developments in IVF and other treatments. Over 350 new photographs have been added to the fourth edition, including in utero pictures captured with endoscopy and three-dimensional ultrasound technology. Nilsson zooms in on sperm racing towards the egg, the brand-new zygote, the embryo clinging to the lining of the uterus, a tadpole-like fetus and the remarkably developed ear of a 18-week old fetus, among other moments in the process of human reproduction.

“The Child is the Father of the Man”
Silvana Quattrocchi Montanaro



“A Child’s Delight”
Noel Perrin

Perrin has written a series of short and delightfully readable essays in which he discusses minor classics of children's literature that have been neglected or ignored of late. The essays touch on both picture and chapter books and on a variety of types from Joanna Cole and Bruce Degen's "The Magic School Bus" to Ursula Le Guin's fantasy "A Wizard of Earthsea". Publication years range from Hawthorne's "A Wonderbook for Boys and Girls" (1851) to Anne M. Lindbergh's "Nick of Time" (1994). Each essay provides plot summary and insightful commentary, and a bibliography offers information on locating the books. A wonderful resource for librarians, teachers, and parents as well as for children of all ages.



“Childhood and Society”
Erik H. Erikson

Containing accounts of the author's field work among Sioux and Yurok Indians, and an examination of the American, German and Russian characters, this is an interpretation of human life on psychological lines. Using case histories as springboards for theoretical discussion of the formative years of childhood, Professor Erikson identifies human life as a delicate balance between bodily, mental and social influences. The main chapters are devoted to anxiety in young children, apathy in American Indians, confusion in veterans of war, and arrogance in young Nazis.



“Children Who Are Not Yet Peaceful”
Donna Bryant Goertz

Charting the progress of 12 children in a real Texas classroom, educator Donna Bryant Goertz shows how positive change can occur given the proper environment. In each case she describes a child's transformation from destructive troublemaker to responsible citizen of the classroom community. Readers will learn how to apply Montessori methods to virtually any early elementary environment.

**“Children’s Play and Playgrounds”
Frost/Klein**

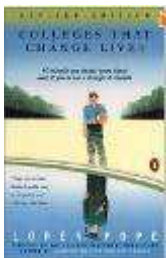
**“Circumcision”
Mothering Special Edition**

**“Coaching Soccer”
John McCarthy**

**“Coaching Youth Soccer”
American Sport Education Program**

Coaching Youth Soccer is an excellent introduction to youth coaching and teaching young soccer players valuable skills. It provides all the information you need to coach effectively and help 8- to 14-year-old athletes learn and enjoy the game.

Developed by the American Sport Education Program (ASEP), the nation’s number one coaching education program, Coaching Youth Soccer provides volunteer coaches with both an explanation of their role and concrete instructions on how to fulfill that role.



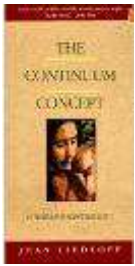
**“Colleges That Change Lives: 40 Schools You Should Know
About Even If You're Not a Straight-A Student”
Loren Pope**

Pope discusses 40 colleges, mostly in the Northeast, South, and Midwest. What makes this book different from other guides is that it highlights schools that select students who have a wide range of abilities, not necessarily the cream of the crop academically, but who exhibit a desire to learn. The atmosphere at these institutions is collaborative rather than competitive and they feature close interaction between students and faculty. Antioch University, Grinnell College, Whitman College, and Goucher College are among the schools included. Overviews of academic standings, admission requirements, quotes by faculty and students, points of geographic interest, and strengths in relation to other schools are given for each selection



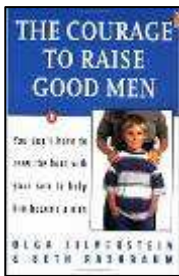
**“Confessions of a Happily Organized Family”
Denise Scholfield**

Scholfield adapts proven time-management and organizational principles to help families tackle modern-day challenges — hundreds of simple, practical ways to organize a home and family.



**"The Continuum Concept: In Search Of Happiness Lost"
Jean Liedloff**

Advocating the natural way to raise children, this book insists on the importance of 24-hour physical contact between mother and child, from birth until the child takes the initiative for independent movement, and "instinct-reinforcement" thereafter. This "continuum," an evolutionary adaptation, supplies the crucial sensory experiences which lead to neurosis-free adulthood, an end to anxieties. Uh-oh. Liedloff, who spent several years among the Yequana Indians of Venezuela, is offering their way of bringing up baby as the norm from which we civilized folk have somehow (unspecified) been diverted. No matter that adult Yequanas spend their days fetching water and grating manioc, whereas increasing numbers of young mothers work: those that have a choice will gladly delay careers indefinitely and those who must work can find grandmothers or other eager caretakers to carry baby around while scrubbing and cooking. ("It would help immeasurably if we could see baby care as a nonactivity.") Liedloff maintains that the feeling of bliss which comes from this constant contact (including a shared bed) is what heroin addicts and others (criminals, homosexuals, alcoholics, gamblers) have missed; fortunately, "There is reason to believe that the missing experience can be supplied to children and adults at any stage."



**"The Courage to Raise Good Men"
Olga Silverstein**

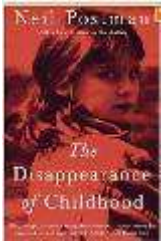
Ever since the Industrial Revolution, the authors assert, our society has required men not only to break away from their mothers, but also from those qualities and emotions associated with "mother." Male offspring are expected to leave home, often before they are ready, and many mothers unconsciously distance their sons physically--by not hugging them, or by sending them away to school--or emotionally--by discouraging their "feminine" emotions or never becoming very close to them.

Drawing on clinical case histories and images of men from popular and classic films and fiction, Silverstein, a therapist at the Ackerman Institute for Family Therapy in New York City, and freelance writer Rashbaum convincingly show how this forced gender split results in unhappy, unfulfilled men and perpetuates a patriarchal system that shortchanges men and women alike. Mothers of male offspring, stress the authors, can break through these emotional barriers, or avoid building them, by having the courage to discard cultural conventions of how to raise sons and instead become "agents of their own values."



**"Diary of a Baby: What Your Child Sees, Feels, And Experiences"
Daniel Stern**

Of particular interest to new parents will be this imagined "diary" in which Stern (The First Relationship), father of five and psychiatry professor at Cornell University Medical Center, traces the development of baby Joey from infancy to about four years of age. In prose that characterizes Joey's responses to his world (for instance, the use of "I" is reserved until Joey is four and a half months), Stern illuminates the development of volition, memory and a sense of self as they take place in five overlapping "worlds of experience." The brief diary entries are expanded in descriptive sections in which Stern interprets an infant's reaction to sensory and emotional experiences; in these direct, informative accounts the baby is referred to as "she." An inventive and highly accessible approach to an endlessly absorbing subject.



“The Disappearance of Childhood”
Neil Postman

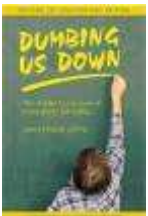
The author of Technopoly examines the embattled nature of childhood in contemporary American culture.



“Disarmed and Dangerous: The Radical Lives and Times Of Daniel and Philip Berrigan”
Murray Polner

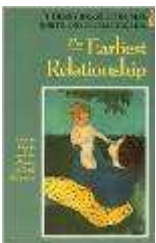
Jesuit Daniel Berrigan and his younger brother Philip (who subsequently left the priesthood) gave Catholic activism a controversial new direction in the 1960s with their militant antiwar protests. Now 75 and 73, the Berrigans continue to speak and act against militarism and violence. This biography addresses criticisms of the brothers as quixotic and intolerant of those who disagree with their tactics, but honors them as an uncompromising moral force. The authors sketch personality differences between Philip, "still political," and the more contemplative Daniel, while focusing primarily on their public life.

“Dr. Montessori’s Own Handbook”
Maria Montessori



“Dumbing Us Down: The Hidden Curriculum of Compulsory Schooling”
John Taylor Gatto

In this tenth-anniversary edition, Gatto updates his theories on how the U.S. educational system cranks out students the way Detroit cranks out Buicks. He contends that students are more programmed to conform to economic and social norms rather than really taught to think.



“The Earliest Relationship: Parents, Infants, And The Drama Of Early Attachment”
T. Berry Brazelton

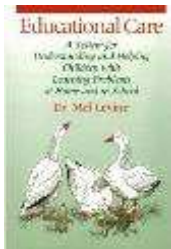
Celebrated baby doctor Brazelton and psychiatrist/psychoanalyst Cramer describe how, during pregnancy and afterward, parents form attachments and interact with their children, usually positively but often negatively. The authors' combined knowledge about child development and the "ghosts" or "replayed battles" and "reincarnated relatives" from parents' earlier experiences is presented clearly along with informative lists such as the Neonatal Behavior Assessment Scale and in-text physiological research references. Interaction basics are covered, including synchrony, contingency, and entrainment. Most interesting are the nine case studies, which deal with clinical assessment and intervention in parent-child relationships when the parents' fears, fantasies, and ideals collide with the infant's temperament.



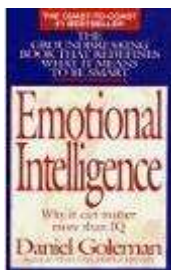
“Eating without Heating: Favorite Recipes from Teens Who Love Raw Food”
Sergei & Valya Boutenko

I wish there were some way that I could get this message out to every single one of you. A message that would touch your lives and have you see that happiness is not sold in little baggies or a 40 oz. glass bottle. I wish that there were some way to show you, my own generation, that we can all be happy and free without drugs. I wish I could stop you from hurting your body and make you see how much you will regret it later in life. Most of all I wish that I could unite all of you and show you that every single one of you is beautiful and miraculous and that life would not be the same without you. Unfortunately, that is impossible, because the only way of teaching is actually not teaching at all! The only way I can get others to follow is by being a good example and sharing my story when asked. The words of even the wisest man are worth nothing if no one wants to hear them!

“Education and Peace”
Maria Montessori

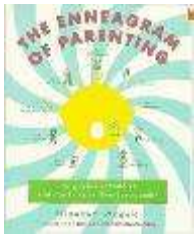


“Educational Care: A System for Understanding and Helping Children With Learning Problems at Home and in School”
Mel Levine



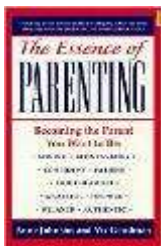
“Emotional Intelligence”
Daniel Goleman

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence" as a trait not measured by IQ tests, as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills.



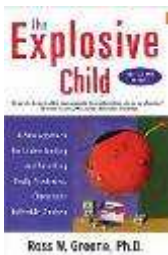
“The Enneagram of Parenting : The 9 Types of Children and How to Raise Them Successfully”
Elizabeth Wagele

Elizabeth Wagele, coauthor of *The Enneagram Made Easy* and *Are You My Type, Am I Yours?*, offers the first practical guidebook for parents -- packed with her delightful cartoons -- on how the Enneagram can help to understand and work with children's personality traits and behavioral patterns more effectively and creatively. Using her expertise in making the Enneagram accessible through simple text and zany, informative cartoons, Wagele shows parents how to be flexible and compassionate, willing and eager to recognize the unique potential of every child and to respond to and nurture each child appropriately.



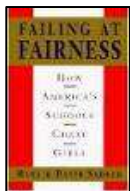
“The Essence of Parenting”
Anne Johnson

Inspired by the national correspondence course of the same name, this guide helps parents trust their own hearts and experience parenthood as spontaneous and joyful. The secret is not in mastering techniques, but in cultivating one's own inner contentment, acceptance and happiness.



“The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children”
Ross W. Greene

Flexibility and tolerance are learned skills, as any parent knows if they've seen an irascible 2-year-old grow into a pleasant, thoughtful, and considerate older child. Unfortunately, for reasons that are poorly understood, a few children don't "get" this part of socialization. Years after toddler tantrums should have become an unpleasant memory; a few unlucky parents find themselves battling with sudden, inexplicable, disturbingly violent rages--along with crushing guilt about what they "did wrong." Medical experts haven't helped much: the flurry of acronyms and labels (Tourette's, ADHD, ADD, etc.) seems to proffer new discoveries about the causes of such explosions, when in fact the only new development is alternative vocabulary to describe the effects. Ross Greene, a pediatric psychologist who also teaches at Harvard Medical School, makes a bold and humane attempt in this book to cut through the blather and speak directly to the (usually desperate) parents of explosive children. His text is long and serious, and has the advantage of covering an enormous amount of ground with nuance, detail, and sympathy, but also perhaps the disadvantage that only those parents who are not chronically tired and time-deprived are likely to get through the entire book. Quoted dialogue from actual sessions with parents and children is interspersed with analysis that is always oriented toward understanding the origins of "meltdowns" and developing workable strategies for avoidance. Although pharmacological treatment is not the book's focus, there is a chapter on drug therapies.

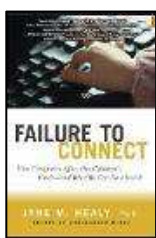


**“Failing at Fairness: How America's Schools Cheat Girls”
Myra and David Sadker**

Failing at Fairness, the result of two decades of research, shows how gender bias makes it impossible for girls to receive an education equal to that given to boys.

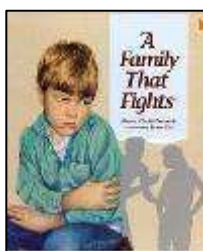
- Girls' learning problems are not identified as often as boys' are
- Boys receive more of their teachers' attention
- Girls start school testing higher in every academic subject, yet graduate from high school scoring 50 points lower than boys on the SAT

Hard-hitting and eye-opening, *Failing at Fairness* should be read by every parent, especially those with daughters.



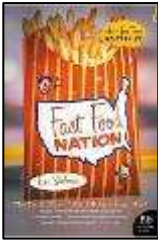
**“Failure to Connect: How Computers Affect Our Children's Minds
-- and What We Can Do About It”
Jane Healy**

Parents and educators will want to ponder this cautionary report on the spread of child-friendly digital technologies. Although Healy (Endangered Minds), an educator and consultant, does present positive examples of how computers can enhance young students' education (citing, for example, the Internet's value as a research tool and the use of software to assist children with learning disabilities), she remains concerned about the overuse of computers at home and in school. Healy argues that parents who have been led by the computer industry to think that they should purchase PCs for their young children are unaware of possible health hazards and allow far too many hours of unsupervised game playing, which she considers no more beneficial than TV. The lack of trained teachers to work with children who have access to computers in school is, according to the author, a major problem, as is the high cost of computers, which can drain funding from other needs. Healy believes that computers cannot substitute for the learning that takes place through socialization with peers and interaction with teachers and parents who instill values, support decision-making and encourage creativity. Healy's contention that computers often fill young minds with information at the expense of teaching them how to think and feel is unlikely to dissuade many school administrators from rushing the latest computer technologies into classrooms. Either way, this carefully researched study offers ample evidence that the next generation will be plugged in and tuned out.



**“A Family that Fights”
Sharon C. Bernstein**

A bibliotherapeutic tool about domestic violence that's best placed on parenting shelves. An introductory paragraph stresses the universality of family disagreements, then distinguishes between them and family violence. As Henry attempts to shield his younger siblings from their father's abuse of their mother, he worries, experiences embarrassment and fear, and succumbs to daydreaming. Final comments stress that the children are not the cause of or to be blamed for their parents' actions. Appended are lists of what children can do to help themselves and what parents can do. In soft and muted tones, Ritz's sepia and charcoal scenes enhance and elucidate the text. These double-page spreads feature frightened, bewildered, or helpless children; an innovative decorative technique gives the paper the look of having been ripped forcibly from a tablet. Paris's *Mommy and Daddy Are Fighting* (Seal Pr., 1986) is aimed at a somewhat younger audience, yet places more emphasis on discussion techniques with specific questions offered on feelings, family violence, and family issues. A book on a much needed topic, related in a competent and assuring manner.



**“Fast Food Nation”
Eric Schlosser**

Schlosser's incisive history of the development of American fast food indicts the industry for some shocking crimes against humanity, including systematically destroying the American diet and landscape, and undermining our values and our economy. The first part of the book details the postwar ascendance of fast food from Southern California, assessing the impact on people in the West in general. The second half looks at the product itself: where it is manufactured (in a handful of enormous factories), what goes into it (chemicals, feces) and who is responsible (monopolistic corporate executives). In harrowing detail, the book explains the process of beef slaughter and confirms almost every urban myth about what in fact "lurks between those sesame seed buns." Given the estimate that the typical American eats three hamburgers and four orders of french fries each week, and one in eight will work for McDonald's in the course of their lives, few are exempt from the insidious impact of fast food. Throughout, Schlosser fires these and a dozen other hair-raising statistical bullets into the heart of the matter. While cataloguing assorted evils with the tenacity and sharp eye of the best investigative journalist, he uncovers a cynical, dismissive attitude to food safety in the fast food industry and widespread circumvention of the government's efforts at regulation enacted after Upton Sinclair's similarly scathing novel exposed the meat-packing industry 100 years ago. By systematically dismantling the industry's various aspects, Schlosser establishes a seminal argument for true wrongs at the core of modern America.

**“Fighting the Invisible Enemy: Understanding the Effects of
Conditioning (Education for Peace Series)”
Terrence Webster-Doyle**

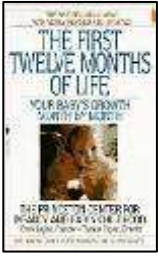
Fighting the Invisible Enemy is for young people and adults who are concerned with living peacefully and with solving problems nonviolently. Fun stories and activities can assist parents, teachers, and counselors who are concerned about the psychological welfare of young people. Ultimately, this book will help readers to understand how conditioned thinking prevents peace.



**“The First Relationship – Infant and Mother”
Daniel Stern**

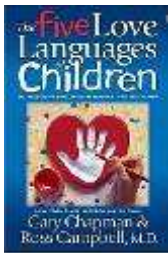
Daniel Stern's pathbreaking video-based research into the intimate complexities of mother-infant interaction has had an enormous impact on psychotherapy and developmental psychology. His minute analyses of the exchanges between mothers and babies have offered empirical support and correction for many theories of development. In the complex and instinctive choreography of "conversations," including smiles, gestures, and gazing, Stern discerned patterns of both emotional harmony and emotional incongruity that illuminate children's relationships with others in the larger world.

Now a noted authority on early development, Stern first reviewed his unique methods and observations in *The First Relationship*. Intended for parents as well as for therapists and researchers, it offers a lucid and nontechnical overview of the author's key ideas and encapsulates the major themes of his subsequent books.



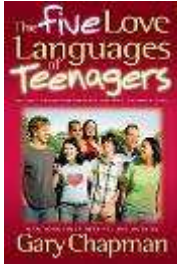
**“The First Twelve Months of Life: Your Baby's Growth Month by Month”
Frank Caplan**

This updated edition of a popular guide to child development is not revised as much as supplemented. Much of the original text remains intact, with new information since the book was first published in 1973 added to the work in boxes, new sections, and an updated bibliography. Covering an infant's mental, physical, language, and social development from the first week of life to the 12th month, this guide describes a sequence of events, not a timetable. It also includes growth charts summarizing developmental milestones. Embracing fathers as well as mothers and supporting diverse family types, this handbook has potentially high appeal for contemporary parents.



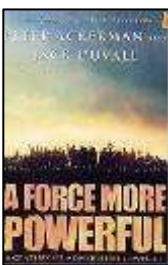
**“The Five Love Languages of Children”
Gary Chapman**

According to the authors, each child expresses and receives love through one of five different communication styles. A parent's love language may be totally different from that of his or her child, which causes hurt feelings and misunderstandings. With the help of this book, adults can discover their child's primary language and learn what they can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in their child's emotions and behavior.



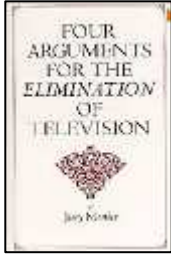
**“The Five Love Languages of Teenagers”
Gary Chapman**

The Five Love Languages of Teenagers contains very practical guidance on how to express the teen's primary love language, how to teach them appropriate responsibility, and how to properly handle both parental and teen anger. It is a tangible resource for stemming the tide of violence, immorality, and despair engulfing many teens today.



**“A Force More Powerful: A Century of Non-Violent Conflict”
Ackerman/Duvall**

A Force More Powerful is the companion volume to an eponymous PBS series on which the authors collaborated. Like the videos, the book explores the use of nonviolent action to achieve social change in the twentieth century. The first part, "Movement to Power," covers pre-Revolutionary Russia, colonial India, and the Solidarity movement in Poland. Part 2, "Resistance to Terror," describes German opposition to the 1923 *Ruhrkampf* and Danish resistance to the Nazi invasion, as well as Latin American resistance efforts in El Salvador, Argentina, and Chile. Part 3, "Campaigns for Rights," addresses the civil rights movement in the U.S and the campaign against apartheid in South Africa, restoration of democracy in the Philippines, the Palestinian intifada, and a range of actions in China, Eastern Europe, and Mongolia. Finally, "Violence and Power" considers the theoretical questions that nonviolence raises and briefly discusses recent or current conflicts in such places as Sri Lanka, the Basques, Northern Ireland, Burma, Serbia, and Kosovo. A solid overview of a fascinating subject.

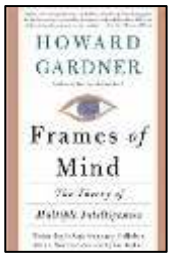


**“Four Arguments for the Elimination of Television”
Jerry Mander**

A total departure from previous writing about television, this book is the first ever to advocate that the medium is not reformable. Its problems are inherent in the technology itself and are so dangerous -- to personal health and sanity, to the environment, and to democratic processes -- that TV ought to be eliminated forever.

Weaving personal experiences through meticulous research, the author ranges widely over aspects of television that have rarely been examined and never before joined together, allowing an entirely new, frightening image to emerge. The idea that all technologies are "neutral," benign instruments that can be used well or badly, is thrown open to profound doubt. Speaking of TV reform is, in the words of the author, "as absurd as speaking of the reform of a technology such as guns."

**“The Four Planes of Education”
Maria Montessori**



**“Frames of Mind”
Howard Gardner**

A revolutionary challenge to the widely held notion that intelligence is a single general capacity possessed by every individual to a greater or lesser extent.

**“Freedom-Not License!”
A.S. Neil**

The title epitomizes Neill’s Summerhillian philosophy. Every child is entitled to freedom; an excess of freedom constitutes license. Freedom deals with the rights of the child; license constitutes trespassing on the rights of others. Neill explains how and where the line is drawn between these two.

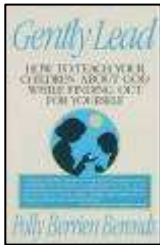


**“From Conception to Birth: A Life Unfolds”
Alexander Tsiaras**

The splendor and beauty of a child’s growth and development in the womb--seen through unforgettable images made possible by revolutionary advances in visualization technology

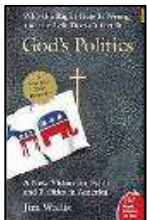
What’s happening with the baby now? All expectant parents ask this question throughout the exhilarating months of pregnancy. Fuzzy sonograms and doctor’s explanations can provide basic information, but through Alexander Tsiaras’ remarkable achievements in medical imaging technology, parents can see, for the first time, the awe-inspiring process of a new life unfolding, in stunning, vivid detail.

The milestones of pregnancy which before could only be described can now be witnessed: the heart's first beats; the appearance of color in the eye; the emergence of toes and teeth; the brain and nervous system directing development; the first movement of tiny legs and arms; the first indications of gender; the wondrous symbiosis of mother and child; the symphony of the body's systems coming into being and working in concert. The book tracks the development of a baby from the moment of conception, through the explosively complex early stages of development and the amazing stages of growth as the baby is nurtured by the mother, ending with the joy of birth.



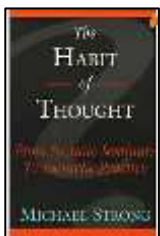
**“Gently Lead: How to Teach Your Children about God While Finding Out for Yourself”
Polly Berrien Berends**

A brilliant collection of poems, commentaries, anecdotes, and dialogues for parents seeking to address their children's growing spiritual awareness. "The very best guide I know for teaching the art of spiritual direction for children".--M. Scott Peck.



**“God’s Politics: Why the Right Gets It Wrong and the Left Doesn't Get It”
Jim Wallis**

Secular liberals and religious conservatives will find things to both comfort and alarm them in Jim Wallis's *God's Politics*. That combination is actually reason enough to recommend the book in a time when the national political and theological discourse is dominated by blanket descriptions and shortsightedness. But Wallis, editor of *Sojourners* magazine, offers more than just a book that's hard to categorize. What Wallis sees as the true mission of Christianity--righting social ills, working for peace--is in tune with the values of liberals who so often run screaming from the idea of religion. Meanwhile, in his estimation, religious vocabulary is co-opted by conservatives who use it to polarize. Wallis proposes a new sort of politics, the name of which serves as the title of the book, wherein these disparities are reconciled and progressive causes are paired with spiritual guidance for the betterment of society. Wallis is at his most compelling when he puts this theory into action himself, letting his own beliefs guide him through stinging criticisms of the war in Iraq. In his view, George W. Bush's flaw lies in the assumption that the United States was an unprecedented force of goodness in a fight against enemies characterized as "evil." Indeed, although both the right and left are criticized here, the idea is that the liberals, if they would get religion, are the more redeemable lot. Wallis's line between religion and public policy may be drawn a little differently than most liberals might feel comfortable with, and while he pays some lip service to other faiths most of his prescription for America seems to come from the Bible.



**“The Habit of Thought: From Socratic Seminars to Socratic Practice”
Michael Strong**

Teach students to think for themselves. The Habit of Thought describes the theory, practice, and vision of Socratic Practice, a novel and increasingly widespread approach to classroom instruction. In this series of thought-provoking essays, Strong argues that Socratic Practice fosters a culture of learning in the classroom and ultimately helps young people to become mature independent thinkers. The issues discussed range from the philosophical (intellectual dialogue and integrity) to the practical (classroom models and evaluation rubrics). This book is an essential resource for educators seeking to prepare their students for the challenges of the 21st century.



"Half the House"
Richard Hoffman

Hoffman's work has appeared in literary journals such as the Hudson Review, Kansas Quarterly, and Shenandoah; he currently works at a health clinic. His childhood, which he recounts in this memoir, was shattered by the deaths of two young brothers with muscular dystrophy, abuse from his father, and sexual molestation by a coach. For a period, Hoffman himself turned to alcohol and drugs. His memoir is ultimately a story of love, reconciliation, and triumph over adversity. Hoffman's spare style makes his story all the more affecting, as he skillfully interweaves the beautiful and ugly details of growing up in a working-class family in Allentown, Pennsylvania. Returning home to confront his father, Hoffman writes, "I was shrinking....I felt a split-second shock that my feet reached the floor." In the end, he does become a man, reconciles with his father, and brings his own children to visit.

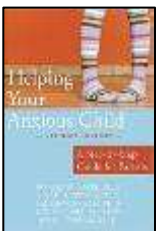


"The Hand: How Its Use Shapes the Brain, Language, and Human Culture"
Frank R. Wilson

The hand is, among other things, a complex symbol, representing both the creative and the prosaic. This blending of the spiritual and the mundane is what makes the hand unique, as it in turn makes us unique among animals. Neurologist Frank R. Wilson has taken on a heroic task: to *explain* the hand on both of these levels and to show us how we use these marvelous instruments to find and create meaning in our lives.

Anthropology, neuroscience, music, and puppetry all figure prominently in *The Hand*, which effortlessly guides the reader through its million-year biography. Brains and thumbs growing and changing to accommodate each other, discovering tools and language together, kicked us out of the monkey house for good. While there is still controversy over whether we are the brainiest animals on the planet, it is abundantly clear that we are the handiest.

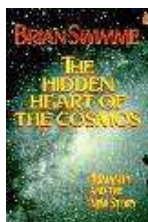
This manipulative ability is our greatest strength and our most terrible flaw. Without hands we would have no Louvre but also no nerve gas. But, Wilson says, our situation is more complex. Our access to far greater means to achieve our ends gives us a greater hunger for meaning. We long to use our hands to satisfy our needs--whether spiritual or down-to-earth. This creation of meaning from nothing may be our greatest achievement. In the end, *The Hand* is brightly optimistic, showing that our reach truly does exceed our grasp.



"Helping your Anxious Child: A Step-by-Step Guide for Parents"
Rapee/Spence/Cobham/Wignall

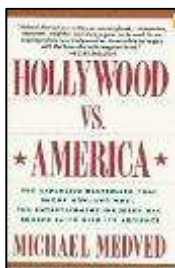
Most children are afraid of the dark. Some fear monsters under the bed. But 10 percent of children have excessive fears and worries--phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder--that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

Now in its second edition, **Helping Your Anxious Child** has been expanded and updated to include the latest research and techniques for managing child anxiety. You'll learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion.



“The Hidden Heart of the Cosmos”
Brian Swimme

Following the most recent scientific discoveries about the birth of the universe, this text shows how these new insights replace outmoded ways of seeing the world, bridging the chasm between science and spirituality, the physical realm and the soul. This book will help readers to grasp the larger significance of the human enterprise in this evolving universe.

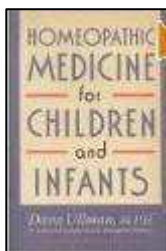


“Hollywood vs. America”
Michael Medved

Why does our popular culture seem so consistently hostile to the values that most Americans hold dear? Why does the entertainment industry attack religion, glorify brutality, undermine the family, and deride patriotism?

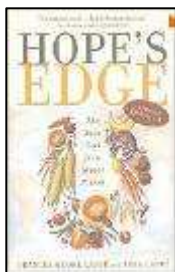
Michael Medved powerfully argues that the entertainment business follows its own dark obsessions, rather than giving the public what it wants: In fact, the audience for feature films and network television has demonstrated its profound disillusionment in recent years, with disastrous consequences for many entertainment companies. Meanwhile, overwhelming numbers of our fellow citizens complain about the wretched quality of our popular culture-- describing the offerings of the mass media as the worst ever. Medved asserts that Hollywood ignores--and assaults--the values of ordinary American families, pursuing a self-destructive and alienated ideological agenda that is harmful to the nation at large and to the industry's own interests.

Sure to elicit strong response, whether it takes the form of cheers of support or howls of enraged dissent, *Hollywood vs. America* confronts head-on one of the most significant issues of our times.



“Homeopathic Medicine for Children and Infants”
Dana Ullman, M.P.H.

Homeopathic remedies are increasingly being used to treat common childhood ailments. They are safe, have no side effects or allergic reactions, are inexpensive and, above all, effective. In this guide, Dana Ullman explains what homeopathy is, how it works and how you can use it correctly to enhance your child's health. He recommends remedies for more than 75 physical and emotional conditions, including: allergies, grief, anxiety, headaches, asthma, measles, bedwetting, nappy rash, bites and stings, shock, burns, sunburn, colic, teething, coughs and colds and travel sickness.



“Hope’s Edge: The Next Diet for a Small Planet”
Francis Moore Lappe

Thirty years after Frances Lappe's [Diet for a Small Planet](#) changed eating habits around the world, she and her daughter Anna bring us a new round of iconoclastic recommendations that break overwhelming issues down to a simple matter of personal choice. *Hope's Edge* presents many of the same issues of the original title, but it also provides a wealth of new discoveries and possibilities in this era of genetically engineered foods, worldwide famine, and growing rates of obesity-related health issues.

Beyond discussing a wide range of reasons to become a vegetarian (and that means no fish or chicken either, folks), the authors introduce you to a number of individual reasons for hope--Bob, the Wisconsin cheese maker; Jean-Yves, the farmer from Brittany who created the Sustainable Agriculture Network; and Muhammad Yunus, who has changed the lives of countless living in poverty with his remarkable microcredit programs. Along with these stories and the theories they're based on, you'll also find luscious recipes calling for grains, fruits, vegetables, and a handful of dairy products that will delight your taste buds *and* your conscience.

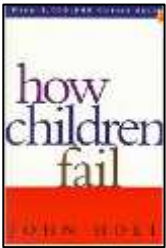
The Lappes firmly believe that the choices of low-level consumers have the potential to make positive changes, both in the world economy and in our physical health. By eating a vegetarian diet, shopping with care, and cooking with love, we might all brighten our future tremendously.

"How a Child's Brain Develops" **Time Magazine**



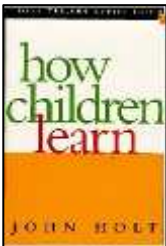
"How Babies are Made" **Andrew Andry**

A comparative, illustrated discussion of the reproductive systems and process in flowers, chickens, dogs, and humans; explains how babies are conceived and born.



"How Children Fail" **John Holt**

Since its first publication in 1964, this book has helped two generations of parents and teachers understand what actually happens in the classroom. Holt's astute observation of children, his clear simple style, and his lifelong conviction that we can do better by our children make How Children Fail an enduring classic.



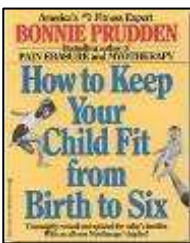
"How Children Learn" **John Holt**

"Children do not need to be made to learn," Holt maintains, because each is born with what Einstein called "the holy curiosity of inquiry." For them, learning is as natural as breathing. First published in 1967, How Children Learn has become a classic for parents and teachers, providing an "effective, gentle voice of reason"



"How Does Your Engine Run?"
Mary Sue Williams

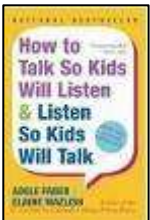
How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation draws from Mary Sue Williams and Sherry Shellenberger's years of experience working in the schools and therapy clinics. This practical book explains the Alert Program in its entirety. It guides you through the twelve steps to teach independent self-regulation with an extensive list of activities and clinical stories. The book includes all worksheets, charts and pictures needed for the program with permission to copy for educational use. Join the thousands of parents, teachers, and therapists who are helping children through the use of this outstanding program.



"How to Keep Your Child Fit From Birth to Six"
Bonnie Prudden

Exercise for Babies? Isn't that carrying fitness a bit too far? Not according to Bonnie Prudden. Tests show that American children don't meet minimum fitness standards and lag far behind European children in physical ability. Why? Lack of exercise in the first few years of life.

In this completely revised, newly photographed, and fully updated total fitness program for the first six years, Bonnie Prudden provides a sound, sensible, and enjoyable way to make sure our kids get an early start on a lifetime of exercise..

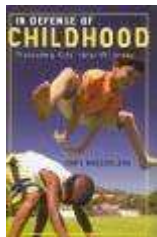


"How to Talk So Kids Will Listen & Listen So Kids Will Talk"
Adele Faber/Elaine Mazlish

How to Talk So Kids Will Listen and Listen So Kids Will Talk is an excellent communication tool kit based on a series of workshops developed by Adele Faber and Elaine Mazlish. Faber and Mazlish (coauthors of [Siblings Without Rivalry](#)) provide a step-by-step approach to improving relationships in *your* house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children. The book can be used alone or in parenting groups, and the solid tools provided are appropriate for kids of all ages.

"The Human Tendencies"
Mario Montessori

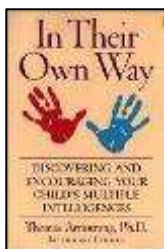
"The Importance of Touch"
Johnson & Johnson



“In Defense of Childhood”
Chris Mercogliano

Mercogliano (*Teaching the Restless*) isn't the first to take the current over-controlling models of parenting and education to task, but the co-director of the Albany Free School ("a noncoercive, democratic inner-city school") is one of the most passionate, and he demonstrates compellingly how institutions, over-structured schedules and "hyperconcern" are robbing children of their childhood, smothering their creative spark and "inner wildness." Exploring the life cycle from birth to adulthood, Mercogliano covers a lot of ground, taking into account history, biology, psychology, sociology, philosophy and literature, as well as plenty of anecdotes. But even in his more intellectual moments, examining the work of leading scholars and experts (including Albert Einstein and Henry David), his message is simple: in order to save our children we must allow them time for solitude and play, and restrain the urge to pathologize (and medicate) their "disruptive" behavior. He makes a convincing plea for a return to a

broader, less judgmental definition of childhood "normalcy," a term that used to evoke a "Tom Sawyer/Huck Finn archetype-brash, willful, naughty, rambunctious, aggressive, and always dirty." Showing parents and teachers how to curb the "domesticating" impulses that have turned growing up into "a carefully scripted medical procedure," Mercogliano's book, full of insight, enthusiasm and hope, is as readable and practical as it is illuminating.

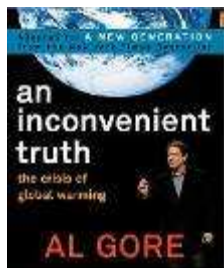


“In Their Own Way”
Thomas Armstrong

Does your child have a favorite subject, activity, or hobby? Children learn in multiple ways, and educator Thomas Armstrong has shown hundreds of thousands of parents and teachers how to locate those unique areas in each of our children where learning and creativity seem to flow with special vigor.

In this fully updated classic on multiple intelligences, Armstrong sheds new light on the "eight ways to bloom," or the eight kinds of "multiple intelligences." While everyone possesses all eight intelligences, Armstrong delineates how to discover your child's particular areas of strength among them.

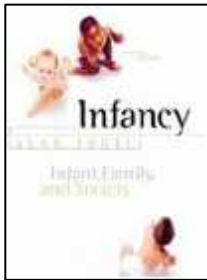
The book shatters the conventional wisdom that brands our students as "underachievers," "unmotivated," or as suffering from "learning disabilities," "attention deficit hyperactivity disorder," or other "learning diseases." Armstrong explains how these flawed labels often overlook students who are in possession of a distinctive combination of multiple intelligences, and demonstrates how to help them acquire knowledge and skills according to their sometimes extraordinary aptitudes.



“An Inconvenient Truth”
Al Gore

This young readers' version of the recent documentary film's companion adult volume cuts the page count by about a third but preserves the original's cogent message and many of its striking visuals. After explaining that his interest in the environment predates even his mother's reading of *Silent Spring* aloud to him as a teenager, Gore proceeds to document steeply rising carbon dioxide levels in our atmosphere, and then to link that to accelerating changes in temperature and precipitation patterns worldwide. Using easy-to-grasp graphics and revealing before-and-after

photos, he shows how glaciers and ice shelves are disappearing all over the globe with alarming speed, pointing to profound climate changes and increased danger from rising sea levels in the near future. O'Connor rephrases Gore's arguments in briefer, simpler language without compromising their flow, plainly intending to disturb readers rather than frighten them. He writes measured, matter-of-fact prose, letting facts and trends speak for themselves—but, suggesting that "what happens locally has worldwide consequences," he closes with the assertion that we will all have to "change the way we live our lives." Like the film, this title may leave readers to look elsewhere for both documentation and for specific plans of action, but as an appeal to reason it's as polished and persuasive as it can be.



“Infancy: Infant, Family & Society”
Alan Fogel

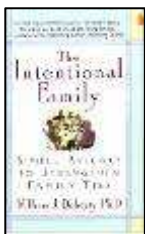
This text spans the four-year period in the human life course between conception and 36 months. The book's scientifically-based coverage is balanced by clear and accessible writing and the inclusion of both theoretical and applied topics.

Taking a systems perspective, this book places the infant in the context of interpersonal relationships with caregivers, other family members, hospitals, child care centers, and peers and with respect to the social policies and cultural practices that shape the course of these interpersonal relationships. A central theme of the book is the development of individual differences: the biological factors and environmental factors that combine to create unique developmental pathways for processes such as temperament, cognitive growth, and attachment.

“Infection Control in the Child Care Center”
Donowitz

“The Inner World of Childhood”
Frances G. Wickes

Wickes writes in the Preface:...we must take with us two things if we would enter into the inner world of childhood: love, and an understanding which includes both intuitive perception and deep technical knowledge of those forces which rule our conscious and unconscious life. Contents: The Scope and Methods of Analytical Psychology; Influence of Parental Difficulties Upon the Unconscious of the Child; Early Relationships; Adolescence; The Acceptance of Consciousness; Psychology Types; Imaginary Companions; Fear; Sex; Dreams; and A Correlation of Dream and Fantasy Material.



“The Intentional Family”
William Doherty

Today's family is in crisis. Many diverse factors have combined to weaken its structure in American society: the conflicting needs and schedules of dual working parents; the ongoing fragmentation of our civic, cultural, and religious communities; the prevalence of divorce and remarriage; the advent of technological distractions like video games and

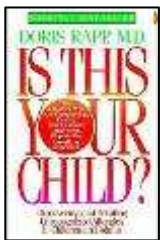
computers. What was once a strong, cohesive unit has become, in many cases, no more than a loose grouping of individuals with individual timetables and agendas. However, now more than ever before, we have the freedom to shape the kind of family we want, rather than an obligation to conform to inflexible concepts of what a family should be.

Nationally respected family therapist William J. Doherty believes that we can strengthen the ties that bind us together--and create new, more permanent ones in the process--through the use of family-specific everyday rituals. *The Intentional Family* -- a practical guide to avoiding conflicts and promoting understanding -- offers a myriad of simple yet effective methods for opening regular channels of communication between parents and their children, husbands and wives: from shared family meals and vacations, to regular "storytime," weekly drives, religious services, and monthly "spouse only" romantic dinners. Clearly presented and engagingly written, here are proven and indispensable strategies for reviving a lost sense of family -- useful guidelines that will help us make the most of our most important relationships.



**An Introduction to "How Does Your Engine Run?"
Mary Sue Williams**

This booklet is an excerpt from the first chapter of the Leader's Guide. It is an overview of the program. Teachers often give the booklet to a parent to share what Alert Program concepts the student is learning at school. Likewise, parents can use it as a resource to give to teachers to have them understand what they are doing with their child at home. Or, therapists can give this booklet to parents to help them understand what their child is working on in therapy. All appreciate this concise summary of the most important Alert Program concepts.



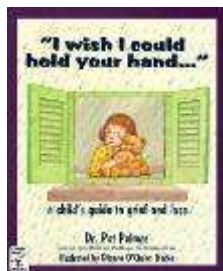
**"Is This Your Child?"
Doris Rapp, MD**

These are the major symptoms of potentially unrecognized allergies. Does your child suffer from any of the following?

- Allergic Nose Rub • Eye Circles • Red Ears • Red Cheeks • Eye Wrinkles • Aggression
- Lack of Alertness • Mottled Tongue •

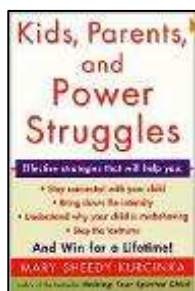
In this breakthrough book, Dr. Doris Rapp offers a simple yet effective approach to handling "problem" children. *Is This Your Child?* shows parents how to identify the common foods, chemicals, or common allergic substances that could be the culprits that cause some children or adults to feel unwell or act inappropriately. If your child is always sick, hyperactive, a slow learner, or cranky, the first question you should ask is not "What drug should be prescribed?" or "What have I done wrong as a parent?" Instead, find out the cause.

Dr. Rapp gives sensible suggestions about how these reactions to foods and environmental factors can be recognized, prevented, and treated. With this information, many affected children should feel, act, behave, and learn better. If you can detect unsuspected environmental illness in your child--or yourself--you can change your lives so you're more content, happy, and free of illness.



**“I Wish I Could Hold Your Hand: A Child’s Guide to Grief and Loss”
Pat Palmer**

A best friend has moved away, Dad no longer lives with the family, or a favorite pet has died. This warm, comforting book gently helps grieving children identify their feelings and learn to accept and deal with them. Wonderful heart-warming illustrations and simple, direct writing help children discover that it is normal and natural to feel the pain of loss.

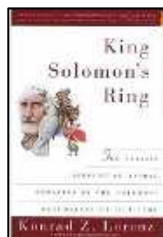


**“Kids, Parents, and Power Struggles”
Mary Kurcinka**

Kids, parents, and power struggles--the inseparable triad of family life. What if you could avoid Machiavellian peacekeeping maneuverings and instead turn difficult situations with your child into jumping-off points to having a better and more productive relationship? Mary Sheedy Kurcinka's new book gives a concise, practical, and often humorous account of how to achieve this turnaround. Kurcinka doesn't promise miracle cures or overnight success, but by building on Daniel Goleman's groundbreaking work in *Emotional Intelligence*, she offers creative techniques for using power struggles as pathways to better understanding within any family. Drawing on her clinical experience with numerous real-life families, Kurcinka builds up an image of the parent as an "emotion coach," whose role is to build a strong, connected "team" by understanding the players' strengths and weaknesses and showing by instruction and example how best to play the game. The techniques she outlines are useful for children of any age--in fact, the younger, the better--and are based on firm guidelines and mutual respect. In sections such as "Bringing Down the Intensity," "Enforcing Your Standards," and "Teaching Life's Essential Skills," Kurcinka addresses the causes of power struggles rather than just the symptoms, so that families can reduce the pain of repeated conflict. By the end of the book, any parent should feel confident in applying the principles.

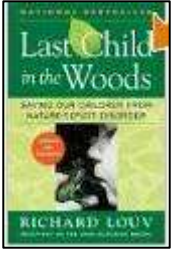
**“Kindred Cooking Collection: Family Favorites”
AMS Butterfly Garden**

**“Kindred Cooking Collection: Picnic Favorites”
AMS Butterfly Garden**



**“King Solomon’s Ring”
Konrad Lorenz**

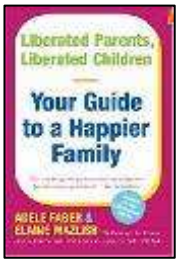
A delightful treasury of observations and insights into the lives of all sorts of creatures -- from jackdaws and water-shrews to dogs, cats and even wolves -- this is a wonderfully written introduction to the world of our furred and feathered friends!



**“Last Child in the Woods”
Richard Louv**

Today's kids are increasingly disconnected from the natural world, says child advocacy expert Louv (*Childhood's Future*; *Fatherlove*; etc.), even as research shows that "thoughtful exposure of youngsters to nature can... be a powerful form of therapy for attention-deficit disorder and other maladies." Instead of passing summer months hiking, swimming and telling stories around the campfire, children these days are more likely to attend computer camps or weight-loss camps: as a result, Louv says, they've come to think of nature as more of an abstraction than a reality. Indeed, a 2002 British study reported that eight-year-olds could identify Pokémon characters far more easily than they could name "otter, beetle, and oak tree." Gathering thoughts from parents, teachers, researchers, environmentalists and other concerned parties, Louv argues for a return to an awareness of and appreciation for the natural world. Not only can nature teach kids science and nurture their creativity, he says, nature needs its children: where else will its future stewards come from? Louv's book is a call to action, full of warnings—but also full of ideas for change.

**“Letter to a Teacher:
Schoolboys of Barbianna**



**“Liberated Parents/Liberated Children”
Adele Faber/Elaine Mazlish**

ADELE FABER and ELAINE MAZLISH tell how the principles of the famed child psychologist Dr. Haim Ginott have inspired their own highly successful child-care methods, used in parent workshops from coast to coast. Sharing their own and others' parenting experiences, Faber and Mazlish provide moving and convincing testimony to this approach, one which has proved to bring out the best in both children and parents. Find out how the mood in your home can change when you re spond:

To Feelings -- "A SCRATCH CAN HURT."
(Instead of) "Stop crying. It's only a scratch."

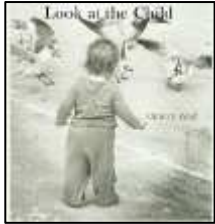
To Mishaps -- "THE MILK SPILLED. WE NEED A SPONGE."
(Instead of) "Now look what you did!"

To Misbehavior -- "WALLS ARE NOT FOR WRITING ON. PAPER IS FOR WRITING ON."
(Instead of) "Bad boy! No more crayons for you!"

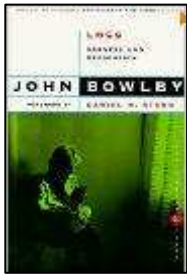
They also speak to the countless ways your use of language can, build self-esteem, inspire confidence, and encourage responsibility.

**“Lifetimes: The Beautiful Way to Explain Death to Children”
Bryan Melloine & Robert Ingpen**

A pet . . . a friend . . . or a relative dies, and it must be explained to a child. This sensitive book is a useful tool in explaining to children that death is a part of life and that, eventually, all living things reach the end of their own special lifetimes.

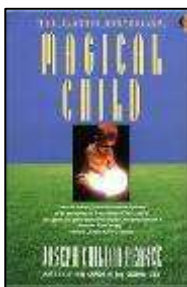


**“Look at the Child: An Expression of Maria Montessori's Insights”
Aline D. Wolf**



**“LOSS – Sadness and Depression (Attachment and Loss)”
John Bowlby**

This third volume in Bowlby's groundbreaking trilogy on child development examines the effects of a death in the family on the lives of children and adults.



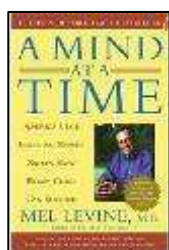
**“Magical Child”
Joseph Chilton Pearce**

Right from the instant of birth, says Joseph Pearce, the human child has only one concern--to learn all that there is to learn about the world. But in the West we tend to thwart this concern from the very start. Available once again, Magical Child shows how to restore this amazing capacity for creative intelligence that is innate in every human.

**“Maria Montessori Farmschol Erkinder
Ursula Thrush**

**“Maria Montessori: Teacher of Teachers”
Marie Shephard**

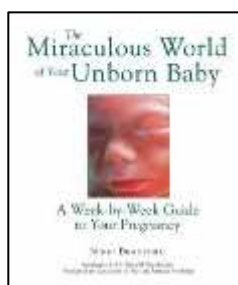
Beginning with Montessori's childhood, this biography describes her struggle to become Italy's first female student of medicine, her development of a new method of education, and the challenges she faced as she traveled throughout the world to spread her way of teaching. In creating a verbal portrait of this forceful and complex woman, the informative text considers Montessori's flaws as well as her many strengths. Nearly every double-page spread includes at least one period photograph of Montessori, her associates, or children engaged in learning. Students will find this a serviceable biography of a significant figure in education.



**“A Mind at a Time”
Mel Levine**

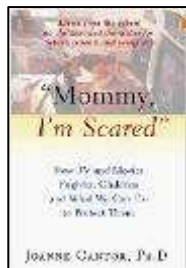
Recognizing each child's intellectual, emotional, and physical strengths--and teaching directly to these strengths--is key to sculpting "a mind at a time," according to Dr. Mel Levine. While this flashing yellow light will not surprise many skilled educators, limited resources often prevent them from shifting their instructional gears. But to teachers and parents whose children face daily humiliation at school, the author bellows, "Try harder!" A professor of pediatrics at the University of North Carolina Medical School, Levine eloquently substantiates his claim that developmental growth deserves the same monitoring as a child's physical growth.

Tales of creative, clumsy, impulsive, nerdy, intuitive, loud-mouthed, and painfully shy kids help Levine define eight specific mind systems (attention, memory, language, spatial ordering, sequential ordering, motor, higher thinking, and social thinking). Levine also incorporates scientific research to show readers how the eight neurodevelopmental systems evolve, interact, and contribute to a child's success in school. Detailed steps describe how mental processes (like problem solving) work for capable kids, and how they can be finessed to serve those who struggle. Clear, practical suggestions for fostering self-monitoring skills and building self-esteem add the most important elements to this essential--yet challenging--program for "raisin' brain."



**“The Miraculous World of Your Unborn Baby”
Nikki Bradford**

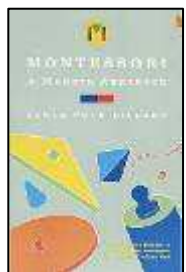
Your baby is yet to be born... but she's listening, learning, and aware of the outside world! Traditionally, the world of an as-yet-unborn baby was thought to be an isolated and silent one. It was assumed that, asleep and growing in its mother's womb, the developing baby was incapable of experiencing sight, sound, thought, or emotion. In fact, the truth is very different, as bestselling author Nikki Bradford reveals here. Drawing on the latest research by leading authorities in the field, the author explains how the unborn baby's awareness of the outside world develops rapidly from very early in pregnancy. Did you know that unborn babies respond to sound, and duck away from strong light, as early as 16 weeks? That they have been observed shying away from--and even attacking--an amniocentesis needle at around the same time? That babies follow moving light sources with their hands by 20 weeks? Or that they recognize music and nursery rhymes from 33 weeks? *The Miraculous World of Your Unborn Baby* not only offers mothers-to-be unique insights into their child's remarkable mental and physical developments in the womb, but also provides wide-ranging information on pregnancy and childbirth for the mother.



“Mommy, I’m Scared: How TV and Movies Frighten Children and What We Can Do to Protect Them”
Joanne Cantor

It's midnight, and your sobbing 8-year-old has crawled into bed with you, shaking from a nightmare generated by seeing a werewolf in a music video. A college sophomore lies awake in her apartment, obsessing about stalkers after watching *Beverly Hills 90210*. Violence, and the threat of it, is pervasive in television and movies, and Joanne Cantor believes that as a result kids are scared, sleepless, and at risk of becoming violent themselves.

Cantor has worked with the national PTA on projects related to children and television, and with the National Television Violence Study. Her original research and findings about TV and movie violence--and the strong impact it has on children--is presented in this stirring book in a convincing, thorough manner. Cantor is realistic--she knows parents cannot shield children from every influence, and never suggests that parents should avoid TV and movies all together. Instead, she offers tools for limiting children's exposure to scary elements, provides age-related information to help parents predict what will alarm their children, suggests ways to reassure frightened children, and discusses the successes and failings of the movie and TV rating systems. *Mommy, I'm Scared* is a hard-hitting book that will serve as a wake-up call for many parents--especially those who have come to rely on TV as an inexpensive, electronic baby sitter.

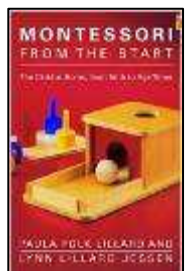


“Montessori - A Modern Approach”
Paula Polk Lillard

Montessori: A Modern Approach has been called the single best book for anyone -- educator, childcare professional, and especially parent -- seeking answers to the questions: What is the Montessori Method? Are its revolutionary ideas about early childhood education relevant to today's world? And most important, especially for today's dual-career couples. Is a Montessori education right for my child?

Paula Polk Lillard writes both as a trained educators and as a concerned parent -- she has many years as a public school teacher, but it was her enthusiasm for the education her own child experienced in a Montessori school that led her to become a leading voice in the Montessori movement in this country.

Her book offers the clearest and most concise statement of the Montessori Method of child development and education available today.



“Montessori From the Start: The Child at Home, from Birth to Age 3 ”
Paula Polk Lillard

“A major and timely contribution to the early childhood years—anecdotal, rich in insight and experience, practical and useful. This informed, careful, and intelligent response to the unfolding of personality will peak parents’ interest as they learn how to establish healthy, enjoyable, and sustaining relationships with their children. A must for parents-to-be, nannies, and care-givers.” —Virginia McHugh Goodwin, Executive Director, Association Montessori International, U.S.A.

“Montessori in The Home”



“The Montessori Method” Maria Montessori

The Montessori Method is educational philosophy as well as methodology. Originally was developed in the early 1900s by Dr. Maria Montessori as a way to educate the lower-income children. Many Montessori based schools are elementary school or preschool in level, but there are some Montessori programs which begin with infants and/or end at 12th Grade. The Montessori philosophy is built upon the idea that children should develop and think differently than adults. Dr. Montessori believed in children's rights, children working to develop themselves into adults, and that this development would lead to world peace.

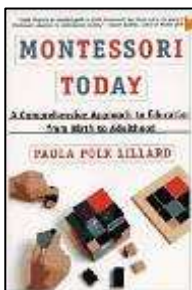
“Montessori Music” Jean K. Miller, Ph. D

Montessori’s Concept of Personality Michal J. Gross



“Montessori – The Science Behind the Genius” Angeline Stoll Lillard

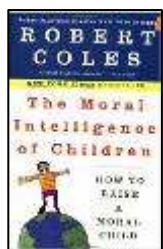
...a stimulating evaluation of Montessori philosophy and practice, exploring some of the basic principles in relation to modern scientific research. ... an interesting resource that encourages teachers (from all methods) to reflect on their educational practices. In particular, anyone wanting to take a detailed and critical look at Montessori education would surely benefit for reading this book.



“Montessori Today: A Comprehensive Approach to Education from Birth to Adulthood” Paula Polk Lillard

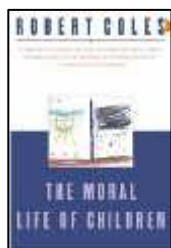
Lillard, author of *Montessori: A Modern Approach* (1988) and cofounder of a respected Montessori school in Lake Bluff, Illinois, describes the Montessori approach and sketches its application from preschool through early adulthood in this short but thorough volume. After a brief discussion of the origin and implications of Montessori's theories about child development, the author surveys the primary years

and the stories and lessons that are most appropriate to this stage of development; analyzes the elementary classroom and teacher from both theoretical and practical perspectives, complete with anecdotes from her own and other Montessori teachers' experiences; and moves into less familiar territory to describe the impact of Montessori's theories on education at the middle school, secondary school, and college levels. *Montessori Today* will be a useful tool for parents analyzing educational alternatives as well as for students who may be thinking about a career in education.



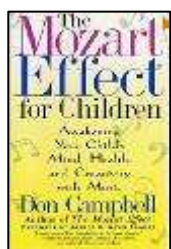
"The Moral Intelligence of Children: How to Raise a Moral Child"
Robert Coles

Child psychiatrist and Harvard professor Robert Coles has actively dedicated much of his life to exemplifying, teaching, and writing about the moral life. In his wonderful new book, Coles illuminates the ways in which children become moral--or not so moral--adults, drawing on case studies, talks with parents, visits to nurseries and classrooms, and interviews with children.



"The Moral Life of Children"
Robert Coles

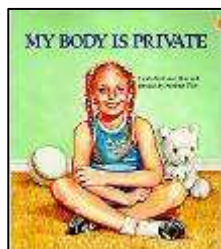
In this searching, vivid inquiry Robert Coles shows how children struggle with questions of moral choice. Bringing to life the voices of children from a rich diversity of backgrounds, he explores their reactions to movies and stories, their moral conduct, their conversations and relationships with friends and family, and their anxieties about themselves and the fate of the world. Whether they are from the poorest classes of Rio de Janeiro or middle-class America, these children lead lives of intense moral awareness.



"The Mozart Effect for Children"
Don Campbell

Each chapter is devoted to a particular age, from prenatal to mid-elementary school, and parents and educators can find excellent musical menus, practical suggestions, and entertaining games to play at the end of every chapter. The menus include suggestions for appropriate times to play the various pieces, as well as a brief description of the type of music, helpful in case you're not immediately familiar with

"Adagio from the Divertimento" or "Concertante from the Serenade No. 9". Games range from simple variations on pat-a-cake to rhythmic chanting designed to improve memory skills, and parents will enjoy playing at least as much as their children will. Perhaps your child's IQ will magically improve from listening to Mozart, perhaps it won't. At worst, Campbell opens up a world of music-related learning for your family that can be both enriching and entertaining.



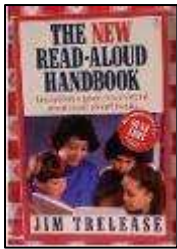
"My Body is Private"
Linda W. Girard

A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private.

NAMTA Journal Spring 2004

NAMTA Journal Winter 1997

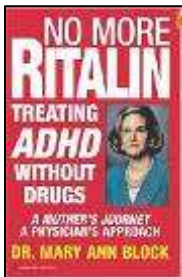
NAMTA Journal Winter 2002



**“The New Read Aloud Handbook”
Jim Trelease**

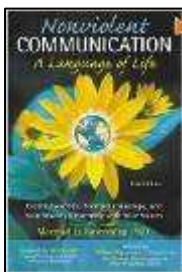
Revising his 1985 edition, Trelease preaches the reading gospel with undiminished fervor. Updated evidence from scholarly and journalistic sources bolsters his case for reading aloud from infancy through adolescence. Trelease addresses parents, but directs considerable homiletic energy toward librarians, pediatricians, clergy, and above all, schools: a new chapter cites individual, state, and district "success stories." There is a new list of "predictable" (i.e., cumulative or repetitive) books, and over 70 synopses are of books published 1985-89. Most choices are excellent. His enthusiasm is infectious, and his "related readings" suggestions are invaluable (and unique).

**“Newsweek: Your Child (Special Ed)
Newsweek**



**“No More Ritalin: Treating ADHD Without Drugs”
Dr. Mary Ann Block**

Every year in the U.S., over two million children are given the drug Ritalin to combat Attention Deficit and Hyperactivity Disorder (ADHD). Now, Dr. Mary Ann Block shows why Ritalin may be very dangerous to a child's health--and offers parents safer and more effective alternatives. Using thorough research and actual case histories from her clinic, Dr. Block provides powerful evidence that a drug-free approach works.



**“Nonviolent Communication: A Language of Life”
Marshall Rosenberg**

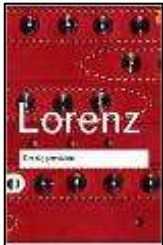
Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively? Unfortunately, for centuries our culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.

In this internationally acclaimed text, Marshall Rosenberg offers insightful stories, anecdotes, practical exercises and role-plays that will dramatically change your approach to communication for the better. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain. Revolutionary, yet simple, NVC offers you the most effective tools to reduce violence and create peace in your life – one interaction at a time.

“The Normalized Child”
Kathleen H. Futrell



“Nurturing the Spirit: In Non-Sectarian Classrooms”
Aline Wolf



“On Aggression”
Konrad Lorenz

Hugely controversial on publication, this is an insightful and characteristically entertaining survey of animal behavior and the evolution of aggression throughout the animal world.

“Once Upon A More Enlightened Time: More Politically Correct Bed-Time Stories”
James Finn Garner



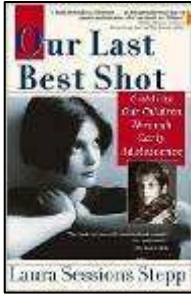
“One Size Fits Few: The Folly of Educational Standards”
Susan Ohanian

One Size Fits Few is a sharp, pointed pin with which to deflate the overblown pro-Standards movement.



“Organic Baby & Toddler Cookbook: Easy Recipes for Natural Foods”
Lizzie Van

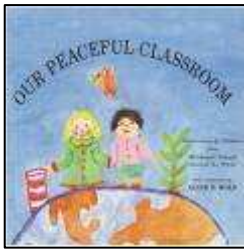
Vann founded Organix, her successful English organic children's food company, in 1991. Her cookbook offers 70 recipes for babies and children from four to seven months up through preschool age, along with lots of information on organic and natural foods, nutrition, and other health issues, in an appealing format that includes full-page color shots of the food and photographs of adorable, rosy-cheeked children. The recipes are easy and sometimes unusual, and though Vegetable and Coconut Korma or mashed Corn and Potato with herbs may be too adventurous for some children, others will love them. Sure to appeal to parents, this is recommended for all collections on cooking for children.



“Our Last Best Shot”
Laura Sessions Stepp

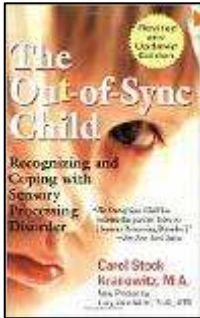
If you're someone who opens a book to read the last chapter first, you won't be disappointed by what you find in *Our Last Best Shot: Guiding Our Children Through Early Adolescence*. The final chapter, "Some Concluding Thoughts," offers sharp insights into the early adolescent years. "Early adolescence is partly about loss," writes author Laura Sessions Stepp. "Parents lose their children's unquestioning adoration; kids lose their innocence, and sometimes their faith in adults." She adds observations on a wide variety of topics--communication, respect, responsibility, and the influence of other adults--that can be used as a road map for parents trying to help their children navigate these years with success.

Considering the value and likeability of this often overlooked age group, Stepp's wisdom and insights will benefit anyone who cares about and works with young adolescents. *Our Last Best Shot* is an opportunity to look at today's teens in a new light and see futures filled with hope and possibility.



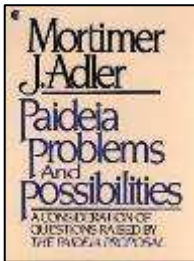
“Our Peaceful Classroom”
Aline Wolf

Children describe many of the things they learn and do at their school which uses the methods developed by Maria Montessori.

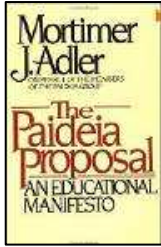


“Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder, Revised Edition”
Carol Stock Kranowitz

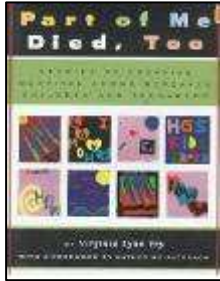
The Out-of-Sync Child broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.



“Paideia Problems and Possibilities”
Mortimer J. Adler

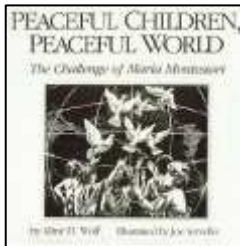


"The Paideia Proposal"
Mortimer J. Adler

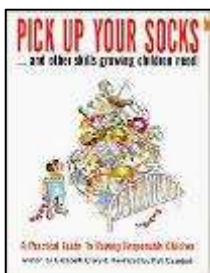


"Part of Me Died, Too: Stories of Creative Survival among Bereaved Children and Teenagers"
Virginia L. Fry

A moving and eloquent chronicle of eleven children, ranging from toddlers to teenagers, who have lost family or friends shows how drawing, music, and other rituals can help the grieving process, offering creative strategies for dealing with loss.

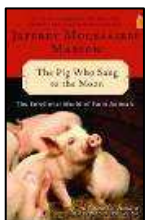


"Peaceful Children, Peaceful World: The Challenge of Maria Montessori"
Aline Wolf



"Pick Up Your Socks And Other Skills Growing Children Need! A Practical Guide to Raising Responsible Children"
Elizabeth Crary

Responsibility is a skill you can teach. Hard to believe? Not with the no-nonsense advice in this classic book. For more than a decade, parents have been relying on Elizabeth Crary's step-by-step guide to getting kids to both accept and learn responsibility. Whether you're teaching a small child to pick up his socks or a teenager to handle peer pressure, you'll appreciate the real-life examples, complete with consequences. Crary also helps parents be realistic in their expectations. She explains normal developmental stages and learning styles, so we understand how our kids best absorb and retain information.



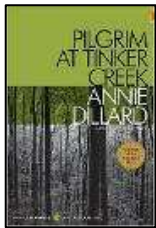
"The Pig Who Sang to the Moon: The Emotional World of Farm Animals"
Jeffrey Moussaieff Masson

Jeffrey Moussaieff Masson's groundbreaking bestseller, *When Elephants Weep*, was the first book since Darwin's time to explore emotions in the animal kingdom,

particularly from animals in the wild. Now, he focuses exclusively on the contained world of the farm animal, revealing startling, irrefutable evidence that barnyard creatures have feelings too, even consciousness.

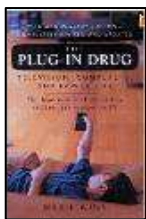
Weaving history, literature, anecdotes, scientific studies, and Masson's own vivid experiences observing pigs, cows, sheep, goats, and chickens over the course of five years, this important book at last gives voice, meaning, and dignity to these gentle beasts that are bred to be milked, shorn, butchered, and eaten. Can we ever know what makes an animal happy? Many animal behaviorists say no. But Jeffrey Masson has a different view: An animal is happy if it can live according to its own nature. Farm animals suffer greatly in this regard. Chickens, for instance, like to perch in trees at night, to avoid predators and to nestle with friends. The obvious conclusion: They cannot be happy when confined twenty to a cage.

For far too long farm animals have been denigrated and treated merely as creatures of instinct rather than as sentient beings. Shattering the abhorrent myth of the "dumb animal without feelings," Jeffrey Masson has written a revolutionary book that is sure to stir *human* emotions far and wide.



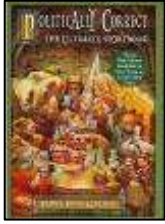
**"Pilgrim at Tinker Creek"
Annie Dillard**

Pilgrim at Tinker Creek is a series of essays that combines scientific observation, philosophy, daily thoughts, and deeper introspection with glorious prose. On the surface, Annie Dillard is simply exploring a place called Tinker Creek and its inhabitants: "It's a good place to live; there's lots to think about." But as her observations range well beyond the landscape into worlds of esoteric fact and metaphysical insight, each paragraph becomes suffused with images and ideas. Whether she is quoting the Koran or Albert Einstein, describing the universe of an Eskimo shaman or the mating of luna moths, Annie Dillard offers up her own knowledge with reverence for her material and respect for her reader. She observes her surroundings faithfully, intimately, sharing what can be shared with anyone willing to wait and watch with her. In the end, however, "No matter how quiet we are, the muskrats stay hidden. Maybe they sense the tense hum of consciousness, the buzz from two human beings who in silence cannot help but be aware of each other, and so of themselves." The precision of individual words, the vitality of metaphor, the sheer profusion of sources, the vivid sensory and cerebral impressions - all combine to make **Pilgrim at Tinker Creek** something extravagant and extraordinary.



**"The Plug-In Drug: Television, Computers and Family Life"
Marie Winn**

How does the passive act of watching television and other electronic media- regardless of their content-affect a developing child's relationship to the real world? Focusing on this crucial question, Marie Winn takes a compelling look at television's impact on children and the family. Winn's classic study has been extensively updated to address the new media landscape, including new sections on: computers, video games, the VCR, the V-Chip and other control devices, TV programming for babies, television and physical health, and gaining control of your TV.



“Politically Correct Bedtime Stories: A Collection of Modern Tales for our Life and Times”
James Garner

James Finn Garner has taken 12 time-tested tales and retold them with the newfound sensitivity of our times. Here's a snippet from "Little Red Riding Hood":

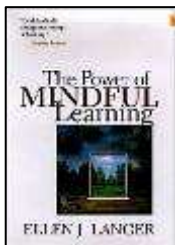
The wolf said, "You know, my dear, it isn't safe for a little girl to walk through these woods alone."

Red Riding Hood said, "I find your sexist remark offensive in the extreme, but I will ignore it because of your traditional status as an outcast from society, the stress of which has caused you to develop your own, entirely valid, worldview. Now, if you'll excuse me, I must be on my way."

Leap into a fairy-tale world where trolls are "dirt-accomplished and odor-enhanced," witches are "kindness-impaired," and Cinderella wears a gown "woven of silk stolen from unsuspecting silkworms." We can only regret that Garner had to exclude "The Duckling That Was Judged on Its Personal Merits and Not on Its Physical Appearance" for space reasons.

“Positive Discipline in the Classroom”
Nelson/Lott/Glenn

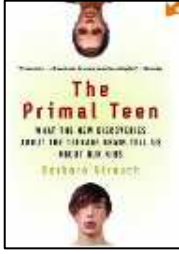
Over the years, millions of parents have come to trust the classic **Positive Discipline** series for its consistent, commonsense approach to child rearing. Hundreds of schools also use these amazingly effective strategies for restoring order and civility to today's turbulent classrooms. Now you too can use this philosophy as a foundation for fostering cooperation, problem-solving skills, and mutual respect in children. Imagine, instead of controlling behavior, you can be teaching; instead of confronting apathy, you will enjoy motivated, eager students!



“The Power of Mindful Learning”
Ellen Langer

Remember those all-nighters back in college--staying up till all hours memorizing the plu-perfect form of the verb *avoir* or the names and dates of succession of all the kings of England? Now remember facing that final exam and having your mind go blank? According to Professor Ellen J. Langer, author of *The Power of Mindful Learning*, those sleepless nights and agonizing memorization were probably for naught. In her book, Professor Langer seeks to prove that real learning takes place in a "mindful" environment, one that provides a context for the subject we are studying and allows us to bring something of ourselves into the process. As an example, she points to a study of two groups of piano students, one of which was taught through repetition and memorization of scales, while the other was encouraged to respond to their own thoughts and emotions. The second group became more competent and more creative.

Professor Langer espouses a more holistic approach to teaching than is generally in vogue today. For example, she believes that forgetting can be an essential component to learning: just as smokers who have attempted to quit before have a better chance of succeeding in future attempts, so people who have forgotten information and skills and then relearn them may remember better the second time. *The Power of Mindful Learning* is sure to raise a great deal of debate among educators, and this is a good thing; after all, what old dog couldn't stand to learn a new trick or two?



**“The Primal Teen”
Barbara Strauch**

For anyone who has ever puzzled over the mysterious and often infuriating behavior of a teenager comes a groundbreaking look at the teenage brain written by the medical science and health editor for *The New York Times*. While many members of the scientific community have long held that the growing pains of adolescence are primarily psychological, Barbara Strauch highlights the physical nature of the transformation, offering parents and educators a new perspective on erratic teenage behavior. Using plain language, Strauch draws upon the latest scientific discoveries to make the case that the changes the brain goes through during adolescence are as dramatic and crucial as those that take place in the first two years of life, and that teenagers are not entirely responsible for their sullen, rebellious, and moody ways. Featuring interviews with scientists, teenagers, parents, and teachers, **The Primal Teen** explores common challenges—why teens go from articulate and mature one day to morose and unreachable the next, why they engage in risky behavior—and offers practical strategies to help manage these formative and often difficult years.



**“Protecting the Gift: Keeping Children and Teenagers Safe”
Gavin DeBecker**

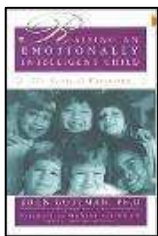
Be warned: In many ways this is a terrifying book. It deals with a subject-- violence against children--that most of us never want to consider. But, as Gavin de Becker stresses, such situations, though rare, can occur, so all parents must deal with the facts in order to protect their children properly. De Becker's aim is to create awareness of potential dangers and provide parents with the knowledge necessary for prevention and control. As he emphatically states in *Protecting the Gift*, much of this knowledge is already hard-wired in the form of intuition: "This natural ability is deep, brilliant, powerful. Nature's greatest accomplishment, the human brain, is stunningly efficient when its host is at risk, but when one's child is at risk, it moves to a whole new level, one we can justifiably call miraculous." The trick, he stresses, is trusting and acting on intuition.

In this valuable, even necessary, book, he shatters many myths about the typical profiles of regular offenders and the prevalence of such problems as sexual abuse and kidnapping. He also deconstructs the wisdom of traditional maxims such as "Never talk to strangers" and "If you are ever lost, go to a policeman." Without offering a compendium of every conceivable danger, he identifies warning signals and real risks that are often easy to spot once you know what to look for. He offers practical advice on recognizing signs of sexual abuse, choosing a baby sitter or nanny, how to prepare kids for walking to school alone, and how to teach children about potential risks without making them afraid to venture out of the house. And he continually stresses that denial and ignoring intuition are the biggest mistakes that parents make in protecting their kids from those that mean them harm. Well written and infinitely informative, *Protecting the Gift* affords parents more confidence and less reason for unnecessary worry.

**“R.D. Laing – A Biography”
Adrian Laing**

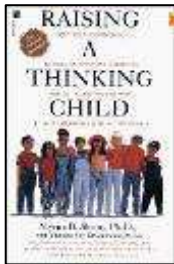
R.D. Laing, author of "The Divided Self and Knots", was the best-known and most influential psychiatrist of modern times. In this remarkable biography, the only one to be written by a

close relative, Laing's son tells the story of his father's life and examines the foundations of his pioneering and unorthodox work on madness and the family. R.D. Laing became famous in the mid 1960s when he co-founded the therapeutic community Kingsley Hall and began his experiments with the therapeutic use of LSD. In the 1970s, Laing studied Zen Buddhism, published poetry, recorded an LP and ran rebirthing workshops across the world - activities which turned him into a guru of radical chic. Yet despite his astonishing empathy with the disturbed, Laing failed to address his own family problems and on the professional side, his practices ultimately led to voluntary disassociation from the medical establishment itself. Adrian Laing's biography, fully updated and with a new foreword, is a brutally honest, sensitive and revelatory portrait of his father's life, as well as a balanced, objective portrait of a troubled genius who changed for ever the way in which the insane are viewed by society and the way they are treated.



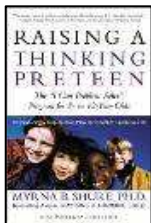
**“Raising an Emotionally Intelligent Child”
John Gottman, Ph.D.**

In *Raising an Emotionally Intelligent Child*, psychology professor John Gottman explores the emotional relationship between parents and children. It's not enough to simply reject an authoritarian model of parenting, Gottman says. A parent needs to be concerned with the quality of emotional interactions. Gottman, author of [Why Marriages Succeed or Fail](#), and coauthor Joan Declaire focus first on the parent (a "know thyself" approach), and provide a series of exercises to assess parenting styles and emotional self-awareness. The authors identify a five-step "emotion coaching" process to help teach children how to recognize and address their feelings, which includes becoming aware of the child's emotions; recognizing that dealing with these emotions is an opportunity for intimacy; listening empathetically; helping the child label emotions; setting limits; and problem-solving. Chapters on divorce, fathering, and age-based differences in emotional development help make Gottman's teachings detailed and useful.



**“Raising a Thinking Child: Help Your Young Child to Resolve
Everyday Conflicts and Get Along with Others”
Myrna Shure, Ph.D.**

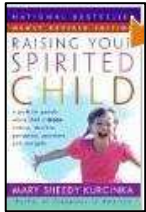
Stressing the importance of developing thinking skills in growing children, a parent's guide introduces the I Can Problem Solve program and explains the difference between teaching children what to think and how to think.



**“Raising a Thinking Preteen: The "I Can Problem Solve" Program
for 8- to 12- Year-Olds”
Myrna Shure, Ph.D.**

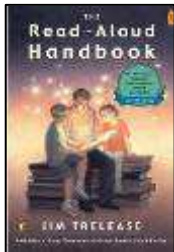
In most public schools today, children aren't taught problem-solving skills until high school--a time when they're often already mired in a variety of difficult situations. *Raising a Thinking Preteen* addresses this situation by presenting a well-developed program, ICPS (I Can Problem Solve), that's designed to help children think clearly about their actions and emotions by considering different viewpoints, solutions, and possible consequences. Every child can benefit from the concepts here; as author Myrna Shure

says, "there is no ceiling or upper limit when it comes to learning interpersonal skills." The book begins with some practical basics--especially useful are some simple games that will help develop the vocabulary your child will use to discuss his feelings. Not every 8-year-old can define *embarrassed* or *frustrated* very easily! This parent-friendly guide focuses on everyday occurrences and practical improvements rather than theoretical possibilities; as a result, each chapter is full of real-life examples and suggestions for teaching these techniques to your own children. Hurried parents who lack focused reading time will appreciate the way each chapter breaks down into smaller subjects--so those constant interruptions won't be such a bother.



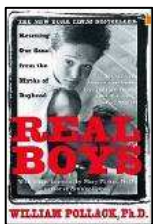
“Raising Your Spirited Child”
Mary Sheedy Kurcinka

Spirited children possess traits we value in adults, yet find challenging in children. Studies now show that these children are "wired" to be more reactive to the world around them. The solution, rather than medication or punishment, is understanding temperament and working with it. Kurcinka in a supportive, warm style is able to reveal to parents how to do it, often leading them to ask, "How did she get into my home?" Winner of the Parents' Choice Award, voted one of the top twenty books for parents, and a "real life saver" for parents, this updated version is eagerly awaited by parents and professionals.



“The Read-Aloud Handbook”
Jim Trelease

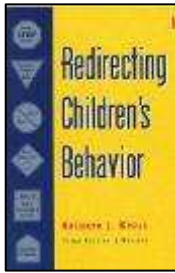
For more than two decades, millions of parents and educators have turned to Jim Trelease's beloved classic to help countless children become avid readers through awakening their imaginations and improving their language skills. Now this new edition of *The Read-Aloud Handbook* imparts the benefits, rewards, and importance of reading aloud to children of a new generation. Supported by delightful anecdotes as well as the latest research, *The Read-Aloud Handbook* offers proven techniques and strategies—and the reasoning behind them—for helping children discover the pleasures of reading and setting them on the road to becoming lifelong readers.



“Real Boys: Rescuing Our Sons from the Myths of Boyhood”
William Pollack

While reading *Real Boys*, it doesn't take long to find out that being a boy these days isn't all fun and games. As co-director of the Center for Men at McLean Hospital/Harvard Medical Center, Pollack has seen behind the stoic masks of troubled, modern boys as they struggle to cope with the mixed messages, conflicting expectations, and increasingly complex demands they receive from our evolving society. "New research shows that boys are faring less well ... that many boys have remarkably fragile self-esteem, and that the rates of both depression and suicide in boys are frighteningly on the rise."

What are parents to do? They could start by listening to the author's thoughts on contemporary child-rearing techniques, analysis of the root causes of many male behavior problems, and recommendations for avoiding all-too-common pitfalls. In *Real Boys*, Pollack draws upon nearly two decades of research to support his theories and makes an impressive assault on the popular myths surrounding the conventional definition of masculinity.

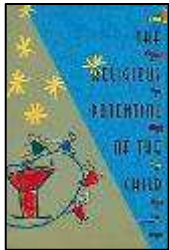


**“Redirecting Children’s Behavior”
Kathryn Kvols**

From the Back Cover: All families need a map to travel the rough roads of life more smoothly. Take Redirecting Children's Behavior as your guide. This comprehensive book will show you the path to peace within your family and beyond. Take off on a surprise journey with Kathryn Kvols to see how quickly your family can become close, cooperative, and respectful.



**“Redirecting Children’s Misbehavior”
Bill and Kathy Kvols**

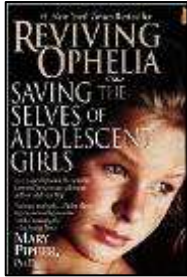


**“The Religious Potential of the Child: Experiencing Scripture
and Liturgy with Young Children”
Sofia Cavalletti**

This classic book describes an experience with children from ages three to six, an experience of adults and children dwelling together in the mystery of God. Known as the Catechesis of the Good Shepherd, this way of religious formation is profoundly biblical and sacramental, and it is, at the same time, deeply respectful of the nature of young children, who make their way to God in freedom and joy. 'The Religious Potential of the Child' is not a 'how-to' book, complete with lesson plans and material ideas. Instead it offers a glimpse into the religious life of the atrium, a specially prepared place for children to live out their silent request: 'Help me come closer to God by myself.' Here we can see the child's spiritual capabilities and perhaps even find in our own souls the child long burdened with religious information. Sofia Cavalletti is an internationally known biblical scholar and was a member of the committee that prepared the 'Directory for Masses with Children'. Together with her collaborator, Gianna Gobbi, a Montessori educator, she has traveled throughout the world forming catechists in this essentially oral method and helping to establish catechetical centers modeled on their Centro di Catechesi in Rome.



**“Rethinking the Brain: New Insights into Early Development”
Rima Shore**



**“Reviving Ophelia: Saving the Selves of Adolescent Girls”
Mary Pipher, Ph.D.**

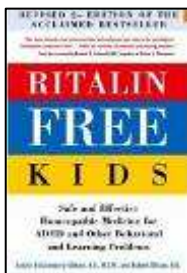
At adolescence, says Mary Pipher, "girls become 'female impersonators' who fit their whole selves into small, crowded spaces." Many lose spark, interest, and even IQ points as a "girl-poisoning" society forces a choice between being shunned for staying true to oneself and struggling to stay within a narrow definition of female. Pipher's alarming tales of a generation swamped by pain may be partly informed by her role as a therapist who sees troubled children and teens, but her sketch of a tougher, more menacing world for girls often hits the mark. She offers some prescriptions for changing society and helping girls resist.

**“The RIE Manual: For Parents and Professionals”
Magda Gerber**



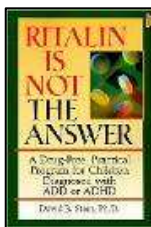
**“Right-Brained Children in a Left-Brained World: Unlocking the Potential of Your Add Child”
Jeffrey Freed/Laurie Parsons**

Requiring only ten minutes a day, the program revealed in this groundbreaking book provides an effective, step-by-step method for helping children with Attention Deficit Disorder develop their special skills and individual learning styles and excel in a classroom setting.



**“Ritalin Free Kids: Safe and Effective Homeopathic Medicine for ADHD and Other Behavioral and Learning Problems”
Judyth Reichenberg-Ullman & Robert Ullman**

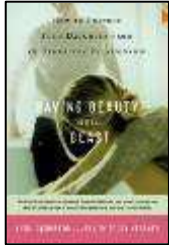
Does your child really need drugs to get through the school day? More than six million children in the United States are taking stimulant medications—including Ritalin—to treat behavioral and learning problems such as attention deficit/hyperactivity disorder (ADHD). But there may very well be a better way to manage your child's emotional and learning problems, and you owe it to yourself and your child to find out. **Ritalin-Free Kids** offers you a safe, effective, and natural alternative to stimulants.



**“Ritalin is Not the Answer: A Drug-Free, Practical Program for Children Diagnosed with ADD or ADHD”
David Stein**

Nearly one-tenth of all school-aged children in the United States are being coerced into taking mood-altering drugs with side effects that include insomnia, tearfulness, rebound irritability, personality change, nervousness, anorexia, nausea, dizziness, headaches, heart palpitations, and cardiac arrhythmia. These are the children diagnosed with attention deficit disorder (ADD) or attention deficit with hyperactivity

disorder (ADHD). *Ritalin Is Not the Answer* confronts and challenges what has become common practice and teaches parents and educators a healthy, comprehensive behavioral program that really works as an alternative to the epidemic use of medication-without teaching children to use drugs in order to handle their behavioral and emotional problems.



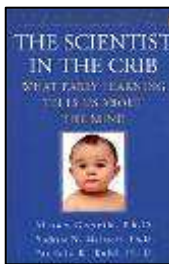
“Saving Beauty from the Beast: How to Protect Your Daughter From an Unhealthy Relationship”
Vicki Crompton/Ellen Zelda Kessner

What to do when a good girl falls for a bad boy? Here, at last, is a book that provides desperately needed help for anxious parents. It offers specific, usable tactics for confronting teen dating abuse, including: What to say to a daughter before she begins dating Twenty-three warning signs that a girl is in an unhealthy relationship Nine steps a best friend can take if dating violence is suspected Ten ways to intervene effectively and open up the lines of communication How to break the cycle of control Throughout the book are the voices of girls and their parents, as well as the insights of psychologists who outline prevention strategies and discuss the most effective ways to communicate with a daughter when the last thing she wants is her parents' advice.



“Schools with Spirit: Nurturing the Inner Lives of Children and Teachers”
Linda Lantieri

With a series of recent occurrences of violence in schools across the nation, this important book on teaching spirituality in American schools may serve as a significant resource for school teachers and administrators who want to help their students cultivate a sense of spirituality. Lantieri, founding director of the Resolving Conflict Creatively Program of Educators for Social Responsibility and co-author of *Waging Peace in Our Schools*, advocates that teachers should nurture a sense of spiritual meaning in students, but also carefully emphasizes that spirituality is not synonymous with religion. In this collection of scholarly essays, 12 respected educators join Lantieri in her quest to discover how educators can nurture the inner lives of their students without violating the beliefs of their families or their distinct faiths. Among these educators are Rachel Kessler, who writes on seven "gateways" to nurturing inner lives, and Geoffrey Canada, who discusses the rewards of practicing and teaching tai chi. Teachers who struggle to achieve this difficult equilibrium will welcome the wealth of practical advice that these essays have to offer.



“The Scientist in the Crib: What Early Learning Tells Us About the Mind”
Gopnick/Meltzoff/Kuhl

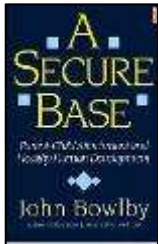
A trio of nationally respected childhood-development scientists hailing from Berkeley and the University of Washington has authored *The Scientist in the Crib* to correct a disparity: while popular books about science speak to intelligent, perceptive adults who simply want to learn, books about babies typically just give advice, heavy on the how-to and light on the why. The authors write, "It's as if the only place you could read about evolution was in dog-breeding manuals, not in Stephen Jay Gould; as if, lacking Stephen Hawking's insights, the layman's knowledge of the cosmos was reduced to 'How to find the constellations.'"

The Scientist in the Crib changes that. Standing on the relatively recent achievements of the young field of cognitive science (pointing out that not so long ago, babies were considered only slightly animate vegetables--"carrots that could cry"), the authors succinctly and articulately sum up the state of what's now known about children's minds and how they learn. Using language that's both friendly and smart (and using equally accessible metaphors, everything from *Scooby-Doo* to *The Third Man*), *The Scientist in the Crib* explores how babies recognize and understand their fellow humans, interpret sensory input, absorb language, learn and devise theories, and take part in building their own brains.



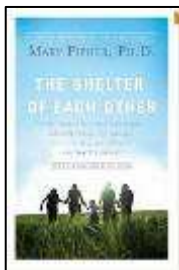
**"The Secret of Childhood"
Maria Montessori**

Maria Montessori describes the child with warmth and the exactness of a scientist. She also discusses the array of materials and techniques needed to release his learning potential.



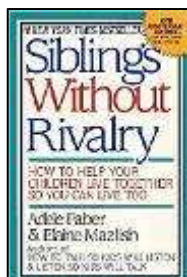
**"A Secure Base: Parent-Child Attachment and Healthy Human Development"
John Bowlby**

The renowned psychiatrist continues to explore the nature of early parental bonds and offers further evidence of how strong emotional ties promote mental health.



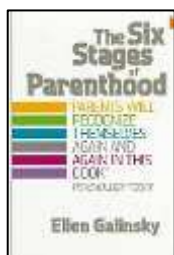
**"The Shelter of Each Other"
Mary Pipher, Ph. D.**

Psychologist Pipher, the best-selling author of *Reviving Ophelia*, once again looks at American culture to explain our problems. This time, she explores the family and what today's antifamily culture is doing to it. She argues that by glamorizing sex, drugs, and violence and regarding children as consumers, our society teaches children inappropriate values. She condemns institutions that glorify independence to adolescents who desperately need adult guidance and teach neighbor to fear neighbor. In short, she believes our culture is tearing apart the fabric of the American family and community. Pipher also criticizes therapists who blame bad parenting for children's problems rather than looking at the whole picture of culture. Yet she also offers hope by demonstrating ways of strengthening communities and bringing families closer together, using real-life success stories. This is a book that every library should own and every person should read.



“Siblings without Rivalry: How to Help Your Children Live Together So You Can Live Too”
Adele Faber/Elaine Mazlish

With a title like this, it's no surprise that authors [Adele Faber](#) and [Elaine Mazlish](#) had a monster bestseller on their hands when the book first appeared in 1988. From the subsequent deluge of readers' stories, questions, and issues, they have created nearly 50 pages of new material for this, the 10th anniversary edition. The central message remains the same, and sounds almost too simple: avoid comparisons. But parents know that's easier said than done. The value of Faber and Mazlish's discussions is precisely that they talk you through umpteen different situations and outcomes to help you teach your brawling offspring a new set of responses. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points. It's a must-read for parents with (or planning on) multiple children. But parents of young children who get along fine (so far) should read it too--as the authors make very clear, rivalry is inevitable. The only question is how to manage the rivalry with intelligence and compassion, and on that subject they offer a wealth of good advice.



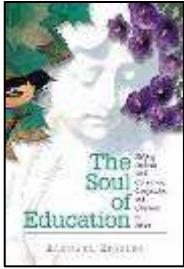
“The Six Stages of Parenthood”
Ellen Galinsky

Almost all books for parents focus on the way children develop. Ellen Galinsky, instead, writes about how parents develop. Drawing on the work in adult development of Erik Erikson and Daniel Levinson, she describes six distinct stages in the life of a parent: the image-making that occurs during pregnancy; the nurturing role that swallows parents up from birth through the first couple of years; the authority parents must develop as small children show independence; the interpretive stage when parents explain the world and their values to school-age children; the interdependent stage when teenagers challenge authority; and the departure years when parents let go and take stock of their accomplishments and failures.



“Something More”
Jean Grasso Fitzpatrick

From the author of [Simple Abundance: A Daybook of Comfort and Joy](#) comes a guided excavation for women who suspect that there's something more to life than the top layer pursuits of money, sex, and love. In service to these restless souls who want to scratch beneath the surface, Ban Breathnach offers tidbit-sized essays that help women unearth pay dirt--their reason for being. Using archaeology as her frame of reference, Ban Breathnach suggests imaginative exercises at the end of each chapter, which she refers to as "Field Work." Early in the book, Ban Breathnach offers this enticing invitation to go on a spiritual dig: "Besides the fact that your soul is one of the last unlooted sources of the miraculous, with discoveries as spectacular as any found in the Delta of Venus or Egypt's Valley of the Kings, you can embark on a soul trip and be back before anyone even notices you're missing. They might be curious about that gleam in your eye and that flush on your cheek, but I'll never tell if you won't. Are you game? We're heading to the sacred site of your soul."



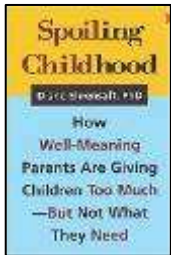
“The Soul of Education”

Rachael Kessler

Based on the deeply moving stories and profound questions of students themselves, each chapter responds to the yearnings young people express: Deep Connection, Meaning and Purpose, Silence, Joy, Creativity, Transcendence, and Initiation--each evokes a gateway to inviting soul into the classroom.

Without healthy forums led by responsible adults, young people seek these gateways on their own, sometimes in destructive ways like drugs, sex, suicide, hazing, and even murder. Helping students find constructive ways to express their longings increases their motivation to learn; stay in school; strengthen ties to family and friends; and approach adult life with vitality, character, and vision.

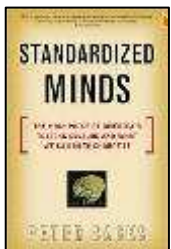
This practical and inspirational sourcebook will support school communities that are committed to preventing violence and alienation and producing responsible, caring citizens.



“Spoiling Childhood: How Well-Meaning Parents Are Giving Children Too Much - But Not What They Need”

Diane Ehrensaft

Ehrensaft, a developmental and clinical psychologist, provides an analysis of parenting aimed at both parents and experts in child development. The key to understanding her theories is her concept of "kinderdult," a word coined in this work to describe the paradox of children who are given both too much indulgence and too much power. Ehrensaft feels that parents and children alike are confused by the dual and opposing phenomena of excessive child-centeredness and adult self-centeredness. She hopes to empower parents to sort out their own needs, to stop being overinvolved with their children, and to use assertiveness when appropriate.



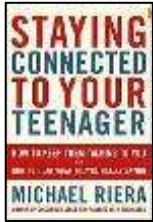
“Standardized Minds: The High Price of America's Testing Culture and What We Can Do to Change It”

Peter Sacks

In the well-researched and compelling *Standardized Minds*, former journalist and economist Peter Sacks launches an exhaustive attack on the national obsession with testing--and lands a few hits. If you think you've heard every argument against standardized tests, think again. Sacks methodically picks away at our feeble attempts to measure the mind, reaching back into the history of testing with unsettling revelations about the creation of the first intelligence test and its many flaws. He deftly illustrates how the belief of inferior cultures motivated the creator of the SAT college entrance exam and takes on all that standardized testing has wrought: ability grouping, gifted programs, state accountability efforts--even the effect on parents whose perceptions of their own children are often shaken by scores on a sheet of paper.

Sacks peppers his critique with personal anecdotes and tales from testing "victims," whether they be the highly educated, well-to-do parents whose children struggle with Manhattan's preschool "baby boards" or the successful *New York Times* business reporter whose career-

center test scores suggest he try another line of work. Once labeled a "lefty education gadfly" by the *National Review*, Sacks lives up to his nickname as he makes a case for replacing standardized test scores with academic portfolios that include essays, schoolwork, and more comprehensive examples of a student's performance. But his argument should give even his most conservative critics pause: *Standardized Minds* is a persuasive must-read for parents, educators, and lawmakers that challenges our basic assumptions about intelligence and pays homage to the talented minds we may have overlooked in our fervor to rate the human brain.



"Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying"

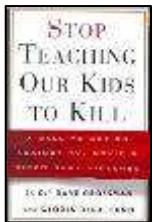
Michael Riera, Ph. D

The first step is simple: realizing that inside every teen resides two very different people—the regressed child and the emergent adult. The emergent adult is seen at school, on the playing field, in his first job, and in front of his friends' families.

Unfortunately, his parents usually see only the regressed child—moody and defiant—and, if they're not on the lookout, they'll miss seeing the more agreeable, increasingly adult thinker in their midst. With ingenious strategies for coaxing the more attractive of the two teen personalities into the home, family psychologist Mike Riera gives new hope to beleaguered and harried parents. From moving from a "managing" to a "consulting" role in a teen's life, from working with a teen's uniquely exasperating sleep rhythms to having real conversations when only monosyllables have been previously possible, *Staying Connected to Your Teenager* demonstrates ways to bring out the best in a teen—and, consequently, in an entire family.

"The Steps of Nonviolence"

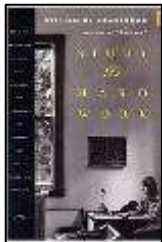
Michael Nagler



"Stop Teaching Our Kids to Kill: A Call to Action Against TV, Movie and Video Game Violence"

Grossman/DeGaetano

The goal of this book is to make people aware of what the prolific use of violence in television, movies, and video games is doing to our children. *Teaching Our Kids to Kill* calls to the table the makers of this violence to address the myriad scientific research on the subject—research that couldn't make it clearer how solid and deadly the link is between this kind of graphic imagery and the escalating incidences of youth violence—and understand and change what they are doing and the dangerous effects their products are having on our children.

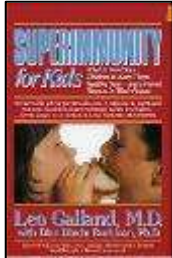


"Study is Hard Work: The Most Accessible and Lucid Text Available on Acquiring and Keeping Study Skills Through a Lifetime"

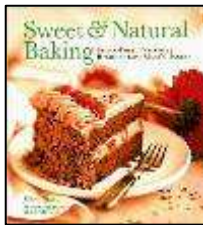
William H. Armstrong

This is the best guide ever published on how to acquire and maintain good study skills. It covers everything from developing a vocabulary to improving the quality of written work, and has chapters on studying math, science, and languages; taking tests; and using libraries. If anyone you know is college-bound, buy this book: it will prove a lifesaver and a godsend.

**“Success Through Play”
Radler/Kephart**

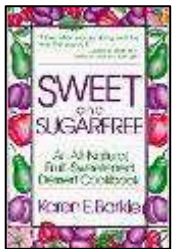


**“Superimmunity for Kids: What to Feed Your Children to Keep Them Healthy Now, and Prevent Disease in Their Future”
Leo Galland, M.D.**



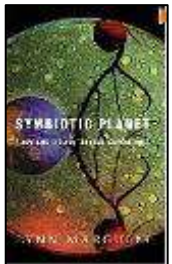
**“Sweet and Natural Baking: Sugar-Free, Flavorful Desserts from Mani's Bakery”
Mani Niall**

Mani Niall has become famous for the beautiful yet indulgent desserts sold at his Los Angeles bakery. In *Sweet & Natural Baking*, Niall explains how to make naturally sweetened treats using only whole grain flours. (Some are also low fat, but that's not a particular objective in this book.) Carefully detailed instructions should guide you to perfect results for baked desserts, including cookies, muffins, scones, pies and cakes. There are useful descriptions of ingredients to help anyone unfamiliar with using whole grains and sweeteners such as concentrated fruit juice and maple syrup in baking.



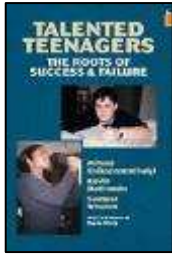
**“Sweet and Sugarfree: An All Natural Fruit-Sweetened Dessert Cookbook”
Karen Barkie**

"I love what you are doing and the way that you do it. I used to think that if I just told someone to quit the sugary stuff they would do it. I usually lost those patients. I didn't realize how locked into the sweet taste must people are--really addicted. You propose an easy solution, gradualism, or getting the sweet taste and good nutrition at the same time. I need your book to enhance my almost effective doctor-patient rapport. I can say 'do it' and I know they can." --Lendon H. Smith, MD, author of *Feed Your Kids Right* – *Review*



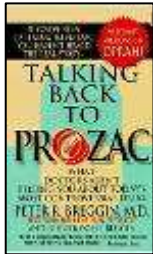
**“Symbiotic Planet: A New Look at Evolution”
Lynn Margulis**

For 30 years, the Gaia theory of life on Earth has remained vital, dynamic, and controversial. One of its leading advocates provides a synthesis and overview of the current status of the theory, plus a few important new ideas of her own.



“Talented Teenagers: The Roots of Success and Failure”
Csikszentmichalyi/Rathunde/Whalen

Talented Teenagers is a fascinating and absorbing examination of what makes adolescents tick: what roles personality traits, family interactions, education, and the social environment play in a young person's motivation to develop his or her talent. Vivid descriptions in the students' own words bring the material to life.



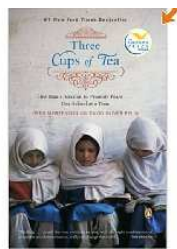
“Talking Back to Prozac: What Doctors Aren't Telling You About Today's Most Controversial Drug”
Peter and Ginger Breggin

Are you one of the thousands of Americans "listening to Prozac"? Chances are you at least know someone who is. It's time to take a closer look at this supposedly "safe" drug. Peter Breggin picks through the studies used to justify Prozac's safety, often uncovering flaws and shoddy science. He details the FDA approval process, including who on the panel was paid by whom. The key players and the details will surprise you.

“Teaching Doctrine and Liturgy”
Cavalletti/Gobbi

“Teaching Montessori in the Home”
Elizabeth Hainstock

“The Third Way”
Walter Wink

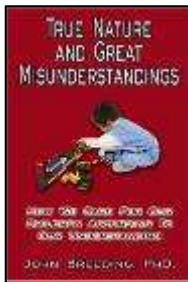


“Three Cups of Tea”
Greg Mortenson & David Oliver Relin

Some failures lead to phenomenal successes, and this American nurse's unsuccessful attempt to climb K2, the world's second tallest mountain, is one of them. Dangerously ill when he finished his climb in 1993, Mortenson was sheltered for seven weeks by the small Pakistani village of Korphe; in return, he promised to build the impoverished town's first school, a project that grew into the Central Asia Institute, which has since constructed more than 50 schools across rural Pakistan and Afghanistan. Coauthor Relin recounts Mortenson's efforts in fascinating detail, presenting compelling portraits of the village elders, con artists, philanthropists, mujahideen, Taliban

officials, ambitious school girls and upright Muslims Mortenson met along the way. As the book moves into the post-9/11 world, Mortenson and Relin argue that the United States must fight Islamic extremism in the region through collaborative efforts to alleviate poverty and improve access to education, especially for girls. Captivating and suspenseful, with engrossing accounts of both hostilities and unlikely friendships, this book will win many readers' hearts.

**“Touch – A Parent’s Guide to Infant Massage”
Johnson & Johnson**

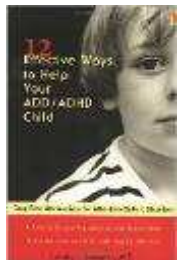


**“True Nature and Great Misunderstandings: On How We Care for Our Children”
John Breeding, Ph.D.**

John Breeding, author of *The Wildest Colts Make the Best Horses*, does it again! In this bold new work, Breeding inspires us to remember the wondrous true nature of our children. He points out where we have gone wrong, and he shows us a better way.

Breeding says that we care for children according to our understanding. If we understand children to be inherently violent, we can expect to be struggling to tame violent urges from here on. If we forget that children are born with an insatiable curiosity and absorbent minds, and instead think we need to use reward and punishment to make them learn, then we get a system that creates dumb, unmotivated students. If we believe that failures in adjustment are due to biologically based "mental illnesses" like "attention deficit disorder," then we end up with millions of our precious children on toxic drugs. This book will help to clean these distorted mirrors of perception.

The inherent nature of our children includes vast intelligence, unbridled zest and open-hearted loving. When we understand just how awesome and wonderful our precious children are, we can relax, and trust, and see them through the eyes of delight.

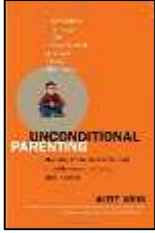


**“12 Effective Ways to Help Your ADD/ADHD Child”
Laura Stevens**

A parent's guide to effective techniques for combating the difficulties faced in raising a child with ADD/ADHD.

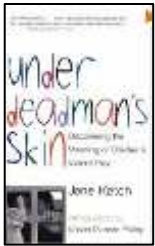
Affecting approximately five percent of the school-age population, Attention Deficit Disorder (ADD)/Attention Deficit Hyper-activity Disorder (ADHD) is the most common behavioral disorder in children. In her book, Laura Stevens offers a series of alternatives to the often-prescribed drugs, which have potential negative side effects.

Helping a child with ADD/ADHD can be a frustrating process that requires an understanding of the various biochemical and nutritional factors involved. This comprehensive guide offers the information parents need to recognize these factors. Included also are dietary suggestions and tips for avoiding allergens.



“Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason”
Alfie Kohn

Author of nine books, including the controversial *Punished by Rewards*, Kohn expands upon the theme of what's wrong with our society's emphasis on punishments and rewards. Kohn, the father of young children, sprinkles his text with anecdotes that shore up his well-researched hypothesis that children do best with unconditional love, respect and the opportunity to make their own choices. Kohn questions why parents and parenting literature focus on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Tactics like time-out, bribes and threats, Kohn claims, just worsen matters. Caustic, witty and thought-provoking, Kohn's arguments challenge much of today's parenting wisdom, yet his assertion that "the way kids learn to make good decisions is by making decisions, not by following directions" rings true. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out). This lively book will surely rile parents who want to be boss. Those seeking alternative methods of raising confident, well-loved children, however, will warmly embrace Kohn's message.

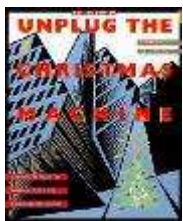


“Under Deadman’s Skin: Discovering the Meaning of Children’s Violent Play”
Jane Katch

The five-and six-year-olds in my class have invented a new game they call suicide. I have never seen a game I hate so much in which all the children involved are so happy.

So begins *Under Deadman's Skin*, a deceptively simple-and compellingly readable-teachers' tale. Jane Katch, in the tradition of Vivian Paley and Jonathan Kozol, uses her student's own vocabulary and storytelling to set the scene: a class of five-and six-year-olds obsessed with what is to their teacher hatefully violent fantasy play. Katch asks, "Can I make a place in school for understanding these fantasies, instead of shutting them out?"

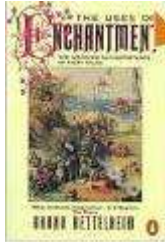
Over the course of the year she holds group discussions to determine what kind of play creates or calms turmoil; she illustrates (or rather the children illustrate) the phenomenon of very young children needing to make sense of exceptionally violent imagery; and she consults with older grade-school boys who remember what it was like to be obsessed by violence and tell Katch what she can do to help. Katch's classroom journey—one that leads her to rules and limits that keep children secure—is an enabling blueprint for any teacher or parent disturbed by violent children's play.



“Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season”
Robinson/Staeheli

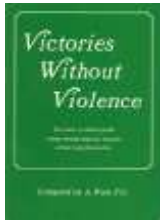
Now in its 13th printing, *Unplug the Christmas Machine* remains one of the most comprehensive guides to managing Christmas stress and combating commercialism. Jo Robinson and Jean Coppock Staeheli give readers solid advice on how to make their celebrations more spiritual and less materialistic. Practical discussions, such as shopping lists, holiday recipes, and family activities, meld with deeper

issues, such as how to teach children that Christmas is more than a present or how to find meaning in the holiday when you're not especially religious. Robinson and Staeheli even delve into the mixed blessings of Christmas homecomings to help readers pass the true holiday stress test.



**"The Uses of Enchantment"
Bruno Bettelheim**

The great child psychologist gives us a moving revelation of the enormous and irreplaceable value of fairy tales - how they educate, support and liberate the emotions of children.



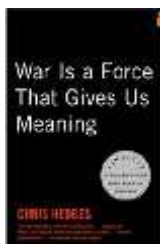
**"Victories without Violence"
A. Ruth Fry**

**"The War Against Children"
Peter and Ginger Breggin**



**"The War Against Parents"
Sylvia Hewlett/Cornell West**

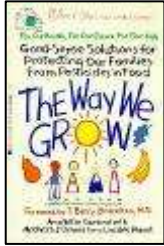
Sylvia Ann Hewlett, a white feminist, and Cornel West, a black human rights activist, join in a rare partnership to address the burning social issue of our time: the abandonment of America's parents. A "brave and personal book" (New York Post), *The War Against Parents* calls for a Parents' bill of Rights that gives new dignity to the parental role and restores our nation's commitment to the well-being of children.



**"War is a Force That Gives Us Meaning"
Chris Hedges**

This moving book examines the continuing appeal of war to the human psyche. Veteran New York Times correspondent Hedges argues that, to many people, war provides a purpose for living; it seems to allow the individual to rise above

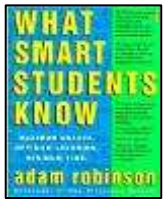
regular life and perhaps participate in a noble cause. Having identified this myth, Hedges then explodes it by showing the brutality of modern war, using examples taken from his own experiences as a war correspondent in Latin America, the Middle East, and the Balkans. These examples highlight the devastating effects of war on life, community, and culture and its corruption of business and government. Hedges is not a pacifist, acknowledging that people need to battle evil, but he thoughtfully cautions us against accepting the accompanying myths of war.



“The Way We Grow”
Anne White Garland

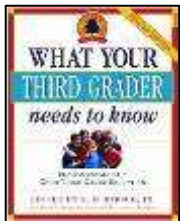
An informative guide to pesticide-free eating examines the problems caused by pesticides, takes a look at some organic-farming success stories, and shows steps that the consumer can take to guarantee safe food.

“We Can Work it Out!”
Fran Schmidt



“What Smart Students Know: Maximum Grades. Optimum Learning. Minimum Time.”
Adam Robinson

Starting from the premise that successful students are not necessarily any more brilliant than their less successful peers, but have simply mastered the art of efficient learning, Adam Robinson introduces high school and college students to an innovative approach that can help them achieve top grades while discovering the joy of true learning.



“What Your Third-Grader Needs to Know”
E. Hirsh

What should your child learn in the third grade? How can you help him or her at home? This book answers these important questions and more, offering the specific shared knowledge that thousands of parents and teachers across the nation have agreed upon for American third graders. Featuring 16 pages of full-color illustrations, a bolder, easier-to-follow format, and a thoroughly updated curriculum, **What Your Third Grader Needs to Know, Revised Edition** is designed for parents and teachers to enjoy with children.

Hundreds of thousands of children have benefited from the *Core Knowledge Series*. This revised edition gives a new generation of third graders the advantage they need to make progress in school today, and to establish an approach to learning that will last a lifetime.



“What’s Going On In There?: How the Brain and Mind Develop in the First Five Years of Life”
Lise Eliot, Ph.D.

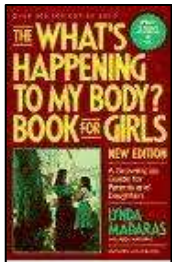
Though not for the impatient, *What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life* will undoubtedly make you a better parent. It is thick, detailed, and scientific. But it is also accessible to parents who have the time and patience to immerse themselves in the latest research on brain development. And for those who do, the rewards can be great.

You'll understand the inner workings of the brain like never before. You'll learn the latest thinking on the nature vs. nurture question. You'll gain invaluable insights into the evolution of the senses, motor skills, social and emotional growth, memory, language, and intelligence. But most importantly, you'll understand--maybe for the first time--exactly how great your contribution as a parent can be to the development of your young child's brain. Written by Lise Eliot, Ph.D., a neurobiologist and mother of three, *What's Going on in There?* is an immensely intelligent labor of love. It is based on the author's own "odyssey of discovery" as she sought answers to questions about her own role in carrying, delivering, and parenting her children. --
Kelley Smith

“What’s Happening to My Body (Boys)?”
Lynda Madaras

The Madaras growing-up guides are acknowledged by parents, educators, librarians, and doctors for their unique, nonthreatening style, excellent organization, and thorough coverage of both the physical and emotional issues surrounding puberty and adolescence. And kids love them too! As one fan wrote, "Dear Lynda, I can't believe that you, a mom, knew all this stuff!"

"What's Happening to My Body?" for Boys features detailed coverage, in age-appropriate language, of the body's changing size and shape, the growth spurt, the reproductive organs, voice changes, romantic and sexual feelings, puberty in the opposite sex, and much more. Includes a comprehensive resource section and line drawings. For ages 10 and up.



“What’s Happening to My Body (Girls)?”
Lynda Madaras

What mysterious condition are these now grown-up girls talking about? Ah, yes, puberty! With scads of personal stories and an abundance of useful, detailed information about girls' changing bodies and feelings, author Lynda Madaras and her daughter Area Madaras have expanded their guide for girls on the verge of change. First published in 1983, the bestselling classic has been revised and updated several times over the years to keep up with ever evolving facts and wisdom about puberty in girls. In this third edition, the authors continue their straight talk on the menstrual cycle, reproductive organs, breasts, emotional changes, puberty in boys, body hair, pimples, masturbation, and all the other fun, scary, and interesting things that go along with growing up. Filled with anecdotes, illustrations, diagrams, and honest, sensitive, nonjudgmental information for the young girl, the revised edition also addresses the new scientific facts about when a girl actually begins puberty (earlier than previously thought), advice on "female athletic syndrome," eating disorders, unwanted attention because of early development, and

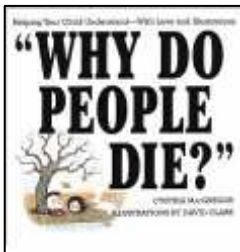
information on eating right, exercise, AIDS, STDs, birth control, and so much more. A welcome, reassuring book for parents and daughters, designed with the understanding that some girls and parents will want to read it together, and some will want to read it on their own; without a doubt, though, *all* will benefit.

“Where Do Babies Come From?”
Margaret Sheffield



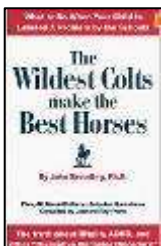
“Who’s Calling the Shots?: How to Respond Effectively to Children's Fascination with War Play, War Toys and Violent TV”
Carlsson-Paige/Levin

Children's war play: the issue for parents is no longer as simple as love it or leave it. Nancy Carlsson-Paige and Diane Levin explain the parallel changes in society and children's war play that make a yes or no decision impossible. Children have less control over war play than ever before. Combine high-tech war toys with an increasingly violent attitude in society and in the media, and we get an explosive mix that must be dealt with diplomatically instead of disallowed as forbidden fruit or shrugged off as "natural." The authors discuss several strategies to return creative control of play to children and to lessen the emphasis on violent content.



“Why Do People Die? Helping Your Child Understand With Love and Illustrations”
Cynthia McGregor

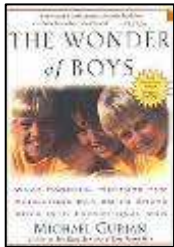
The passing of a relative or friend can be a bewildering time for children. Why Do People Die? is a poignant, moving, and straight-forward book wherein children will discover answers to their questions when those they love die. Designed to be read aloud to young children, Why Do People Die? is a full-color picture book that delivers information forthrightly, honestly, and in a consoling tone. It answers all the questions children could possibly ask, such as why people die, what happens at a funeral, and why the child feels so sad. A parent who is stuck for words or needs a little help with an explanation will find here a sensitively illustrated text that eases children's minds and brings them comfort and assurance. Cynthia MacGregor's sensitive and informative text is superbly illustrated by David Clark's colorful and engaging illustrations.



“The Wildest Colts Make the Best Horses: What to Do When Your Child Is Labeled a Problem by the Schools”
John Breeding

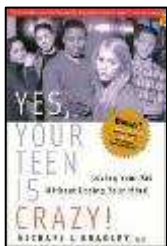
Contrary to the popular homily, this is one book you can tell by its cover. The title, "The Wildest Colts Make the Best Horses," conveys an attitude that ennobles and supports an effort to defend and enhance the spirits of our young people.

The subtitles also communicate a great deal of information. The first subtitle, *The truth about Ritalin, "ADHD" and other "disruptive behavior disorders"* reveals that the book addresses at length the specific phenomenon of labeling huge numbers of our children with these diagnoses and giving these children drugs. As suggested by the second subtitle, *"What to do when your child is labeled a problem by the schools,"* this book is very much oriented toward parents' or other adults who need support with this issue. The book holds a great deal of information that is generally useful to adult allies of young people in any situation.



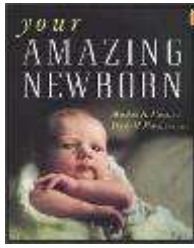
"The Wonder of Boys"
Michael Gurian

In the thoughtful and provocative *The Wonder of Boys: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Men*, therapist and educator Michael Gurian takes a close look at modern boyhood. Gurian asserts that the biological and neurological differences between boys and girls need to be accounted for and nourished in order to raise healthy, happy boys. In discussing boy culture--and the roles of competition, aggression, and physical risk taking--the author concludes, "It's not boy culture that's inherently flawed; it's the way we manage it." If the natural, testosterone-based impulses of boys are squelched or ignored, Gurian posits, such biological truths may find their way to the surface in other, more negative behaviors. He suggests that boys do best when they are part of a "tribe," three families that include: a birth or adoptive family; an extended family of friends, teachers, peers, and mentors; and the "family" of outside culture, media, religious institutions, and community figures. *The Wonder of Boys* offers advice on how to understand and build strong father/son and mother/son relationships, stresses the importance of healthy discipline, and suggests methods of teaching boys about sex, relationships, and spirituality. Parents and teachers of boys will find this book to be an insightful read.



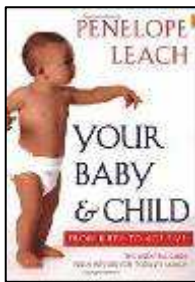
"Yes, Your Teen is Crazy"
Michael J. Bradley, Ed.D.

Bradley, a psychologist drawing on current brain research, argues that teenagers are basically nuts. While 95 percent of the brain develops in early childhood, the most advanced parts aren't completed until adolescence is nearly over. As a result, teens can appear unstable, dysfunctional and unpredictable, with temporarily impaired judgment and decision-making processes. In addition, Bradley argues, contemporary culture further challenges teens' thinking capabilities; the prevalence of sex, drugs and violence makes the teen's job of cognitive balancing even more precarious. The good news is that parents do make a difference, and Bradley clearly explains how parents can encourage and guide their kids through these tumultuous years. Stressing that teens are still "children," Bradley encourages parents to respond like "dispassionate cops," teaching and remaining calm even when teens behave outrageously. While Bradley's prose which he admits might be shocking and offensive at times may be initially off-putting to some, the book is compelling, lively and realistic. Using crisp, believable anecdotes that are alternately poignant and hysterically funny (while avoiding generic examples, jargon or psychobabble), Bradley homes in on real-life scenarios, showing parents, for instance, how to respond when their teen is "raging," and how to set curfews and limits. Bradley draws a vivid picture of what the teen is going through, and gives parents the tools to tackle contemporary issues together. An invaluable parachute to parents diving into the teen years.



**“Your Amazing Newborn”
Marshall and Phyllis Klaus**

With over 120 stunning photographs—all of babies less than two weeks old—*Your Amazing Newborn* illustrates the incredible new findings of research on newborns and guides parents and caregivers through the fascinating first weeks of a baby's life. Newly identified abilities are shown in astonishing photo sequences and insightful explanations. Abilities such as reaching (once considered impossible) are seen in exciting detail, along with the beautiful choreography between infants and parents, new discoveries about the five senses, the wonderful adaptation of adopted newborns, and above all that first spark of recognition that ignites a lifetime bond.



**“Your Baby and Child”
Penelope Leach**

Penelope Leach's *Your Baby & Child* has been a beloved favorite for years. With this new, revised edition, Leach has updated her information and approach to reflect new findings in the field of child development, and to respond to the changing needs of today's families. Leach has utter respect for children and their parents; she explains development, child care, and parenting concerns clearly and without condescension.

Each developmental stage--newborn, settled baby, older baby, toddler, and young child--is discussed in terms of feeding, teeth and teething, growing, excreting, crying, sleeping, playing, and everyday care. For each stage, an additional set of appropriate topics is discussed, including muscle power, speech, child care, and appropriate toys. Colorful and expressive photos display infant, childhood, and toddler behavior. With her common-sense, child-positive approach, Leach carefully dispels negative parenting attitudes, and teaches readers how to stop, listen, and learn from their children.